



MID-COUNTY  
CENTER  
*Age well!*

## FITNESS ACTIVITIES WAIVER AND RELEASE

I understand that the Mid-County Senior Center fitness activities are designed to permit members to participate within their health and physical capacity and limits.

I agree to be solely and fully responsible for any injury or physical condition that I may incur as a result of participating in fitness activities at Mid-County Senior Center.

I hereby release Mid-County Senior Center, its agents, and its employees, from any and all liability for any injury or physical condition arising out of my participation in the fitness activities.

I further understand and agree that I hereby waive any right to recover any damages from Mid-County Senior Center, its agents, and its employees, as a result of my participation in the fitness activities.

I realize that by signing this waiver and release form, I am giving up certain legal rights.

Participant Name (please print): \_\_\_\_\_

Participant Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Fitness Activities include, but are not limited to:

Badminton  
Bocce  
Chair Yoga

Line Dancing  
Pickleball  
Shuffleboard  
Fitness Room Use

Volleyball  
Walking in gym  
Yoga

Please note that programs led by Mid-County Senior Center's Fitness Instructor, including Chair Cardio, Circuit Training, Strength Training and Stretching & Balance, require Physician's permission, as well as a separate Waiver and Release. These forms are included in the New Member's Welcome Packet.