

DIVERSIFIED FITNESS CLUB

195 Mayer Road, Frankenmuth, MI 48734 | 989-652-4067

Adult Membership Waiver

Assumption of risk and release of liability | Ages 18+

Activities and risks

I voluntarily participate in fitness activities at Diversified Fitness Club, including strength and cardio exercise, group fitness classes, and use of club facilities and equipment. These activities involve risks, including falls, muscle strains, overexertion, equipment-related injuries, and potentially serious injury or death. Risks can arise from my own actions, the actions of others, and conditions at the club.

Personal responsibility

I will choose activities appropriate for my abilities, use equipment as instructed, follow posted rules and staff directions, and stop participating if I feel unwell or unsafe. I will seek qualified medical guidance when appropriate before beginning or changing an exercise program. I will promptly report unsafe conditions and will not allow another person to use my access credentials.

24/7 and unstaffed access

I understand that member access may be available when the club is unstaffed. Staff, spotters, supervision, or immediate medical assistance may not be present. I am responsible for exercising safely and arranging assistance or a spotter when needed. In an emergency, I will call 911 and then notify the club.

Assumption of risk

I understand the risks described above and voluntarily assume the risks of my participation and use of the club, including risks of personal injury, death, and damage to my personal property, to the extent permitted by applicable law.

Release of liability - read carefully

To the fullest extent permitted by Michigan law, I release Diversified Fitness Club and its owners, employees, and agents from claims for personal injury, death, or property damage arising from my participation in club activities or use of its facilities or equipment, including claims arising from their ordinary negligence. This release does not apply to gross negligence, willful or wanton misconduct, intentional wrongdoing, or rights or claims that cannot lawfully be waived.

Scope and signature

I am at least 18 years old. I have read and understand this document, including the release of liability, and sign voluntarily. This waiver does not replace the membership contract, authorize payments, or change membership fees or cancellation terms. For an online submission, I consent to electronic records and intend my typed name to serve as my electronic signature. A completed PDF will be sent to the club at membership@diversifiedfitnessclub.com. A paper-signing option is available by contacting the club.

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Participant and signature details

Participant full name

Participant email

Phone

Signature

Date signed

Complete both pages and return the signed document to the club. You can also complete the form on the club website to automatically send a signed PDF to the membership team.