

WAIVER

Assumption of Risks: Physically activity, by its very nature, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. Instructor _____ has facilities for and provides for fitness activities. Some of these involve strenuous exertions of strength using various muscle groups and other involve sustained physical activity, which places stress on the body.

I have read the previous paragraph and I know the nature of the activities that will be lead by _____. I understand the demands of those activities relative to my physical condition and skill level. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Acknowledgement of Understanding: I have read this assumption of risk and fully understand its terms. I acknowledge that I am signing freely and voluntarily and intend my signature to signify a complete assumption of the inherent risks of participating or observing fitness activities with _____ (Instructor) at Moments of Tranquility to the greatest extent allowed by law in the State of Nebraska.

(signature)

(date)