

## TRILOGY FITNESS & MMA PARENTAL / LEGAL GUARDIAN CONSENT

- **Medical Recommendations.** Parent and/or legal guardian of minor participant in any Trilogy Fitness & MMA class, activity or event (hereafter, "Participant") should consult with his or her physician or have a physical examination before using any of the Club's facilities or enrolling in any of the Club's classes, especially if Participant has a history of heart disease, high blood pressure or other chronic illness, or is unaccustomed to physical exertion or has other physical limitations.
- **Activity Risk.** Any strenuous athletic or physical activity involves certain risks. Parent and/or legal guardian of a minor participant and his or her guests assume the risk of any and all accidents or injuries of any kind that may be sustained by, or in connection with, use of Club facilities. Trilogy Fitness & MMA cannot guarantee that any facility or equipment is free of risk. Participant agrees to use care in the use of Club facilities, equipment, and services and to protect against accidents by other Participants.
- **Medical Disclaimer.** Parent and/or legal guardian of minor participant has been informed and acknowledges that Trilogy Fitness & MMA makes no claims as to medical results that can or may be obtained through use of the Club's facilities, equipment, or services. The Club has neither suggested nor will suggest any medical treatment to the Participant. Only licensed medical professionals are qualified to give medical advice. Participant is instructed not to act on the advice given by any unlicensed employee unless such advice has been verified by Participant's licensed physician.
- **Participant's Health Warranty.** Parent and/or legal guardian of minor participant represents that: (i) there are no medical or physical conditions that would preclude his or her use of the Club's facilities; (ii) he or she has not been instructed by any physician not to use Club; and (iii) he or she is in good health and has no disability, impairment, injury, disease or ailment preventing him or her from engaging in active or passive exercise or which could cause increased risk of injury or adverse health consequences as a result of exercise.
- **Participant Release and Indemnity.** By signing this Agreement and/or by attending classes or otherwise participating in Club activities, Parent and/or legal guardian of minor participant hereby acknowledges and agrees that there are inherent risks in indoor cycling and exercise, and in using the equipment associated with the Club's classes or instruction. Participant assumes full responsibility for his or her use of the Club's facilities and shall indemnify Trilogy Fitness & MMA and its affiliates, consultants, and employees against any and all liability arising out of the use of the facilities. Additionally, Parent and/or legal guardian of minor participant and his or her guests shall hold Trilogy Fitness & MMA harmless from any loss, theft, cost, claim, injury, damage or liability incurred as a result of Club use and activities.
- **Parent and/or legal guardian of minor participant understands that by signing below, he or she agrees to indemnify Trilogy Fitness & MMA and its affiliates, consultants, and employees against any and all liability to him or herself and child arising out of any use of the facility.**  
\_\_\_\_\_ (Initial here)
- **Parent and/or legal guardian affirms that child is at least 5 years of age as required to participate in any Trilogy Fitness & MMA class, activity and/or event.**  
\_\_\_\_\_ (Initial here)
- **Parent and/or legal guardian agrees to renew consent as may be required by Trilogy Fitness & MMA.** \_\_\_\_\_ (Initial here)

\_\_\_\_\_  
Signature \_\_\_\_\_

Date: \_\_\_\_\_, 20\_\_\_\_\_

\_\_\_\_\_  
Parent/Legal Guardian Name:

\_\_\_\_\_  
Minor Name:

\_\_\_\_\_  
Email

\_\_\_\_\_  
Emergency Contact Name & Phone Number

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip