



AMEANSPINN INDOOR CYCLING & YOGA STUDIO

Name: _____ Phone: _____ Address: _____
_____ Email: _____ City, State, Zip: _____

Waiver and Release

By signing up and attending AmeanSpinn classes, activities, and other programs, and by using AmeanSpinn's premises, facilities, and equipment, I hereby acknowledge that there are certain risks and dangers inherent to indoor cycling and Yoga exercises & equipment uses within the facility. I understand that indoor cycling at AmeanSpinn is a more vigorous and strenuous workout than riding a bicycle outside or riding an indoor stationary bicycle on my own. In consideration of being allowed access to AmeanSpinn's classes, equipment, and facilities, in addition to the payment of any fees or charges, I hereby agree to the following: 1) I will assume full responsibility and risk for any and all injuries or damages I sustain or aggravate in connection with my use of AmeanSpinn's classes, equipment, or facilities; 2) I hereby waive, release, indemnify, and forever discharge AmeanSpinn, its officers, directors, members, employees, representatives, instructors, affiliates, and all others from any and all liability, responsibility, claims, causes of action, costs, expenses, or rights from injury or damages to myself or my personal property resulting from my participation in and use of AmeanSpinn's classes, equipment, and facilities; and 3) I represent and certify that I have no medical or physical condition, nor any disabilities which would prevent me from participating in AmeanSpinn's classes or using its equipment and facilities, doing so would not put me in physical or medical danger, nor have I been advised by a medical professional not to participate in such exercise and/or activities. AmeanSpinn hereby has advised me that should I have such a physical or medical condition I should not participate in such exercises and/or activities. Should a AmeanSpinn representative determine that I will be at physical or medical risk by using its classes, equipment, and facilities, I agree that they may deny me access to same.

CYCLING CONDUCT

I agree that I shall comply with all written rules, posted signs, verbal instructions, and usual/customary terms and codes of conduct. Should I observe any violations or such rules/instructions, or observe any conduct by an instructor or participant which violates such rules/instructions, or should I observe any hazards to person or property, or any deliberate acts of damage to persons or equipment, I will immediately bring the violation, conduct, or condition to the attention of an AmeanSpinn representative. Should I fail to follow such rules/instructions I take full responsibility for any and all damages to person or property resulting therefrom. I agree that I am familiar with the use of AmeanSpinn's classes, equipment, and facilities, and that should I have any questions regarding such I will immediately speak with a AmeanSpinn representative before further proceeding. I have read this form in its entirety, including provisions for waiver of liability, assumption of risk, and indemnity agreement, I fully understand its terms and conditions and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing this waiver freely and voluntarily and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

New Rider Signature: _____ Date: _____

If participant is under 18: **As Parent or Legal Guardian of** _____ . I

consent to the above terms and conditions. Print name: _____

Signature: _____ Date Signed: _____/_____/_____