

AGREEMENT AND RELEASE OF LIABILITY AND RIGHT OF PARTICIPATION

I realize that my participation in this community involves risks of injury, including but not limited to muscle strain, joint sprains, broken bones, slips, falls, heart attacks, stroke, and even the possibility of death. I also recognize there are many other risks of injury, including serious disabling injuries, which may arise due to my participation in this community, and that it is not possible to specifically list each and every possible injury risk (known and/or unknown). However, knowing the material risks and appreciating, knowing and reasonably appreciating that injuries and even death are a possibility, I hereby expressly assume all of the delineated risks of injury, all other possible risks of injury, and even the risk of death, which could occur by reason of my participation in Darsfitness.com.

I, on behalf of myself, my personal representative(s), spouses, relatives and my heir(s), do hereby waive, release, hold harmless, and forever discharge the owners, officers, instructors, representatives, and any others connected with *Dar's Fitness* owners, employees, instructors, representatives, and any others connected with *Dar's Fitness* from any and all responsibilities and/or liability for bodily injuries, personal damages and/or losses, claims and/or actions that I may have presently, or in the future, resulting from my participation in this community.