

# RELEASE AND HOLD HARMLESS AGREEMENT

I, \_\_\_\_\_, understand that my participation and/or involvement in a exercise program carries with it the potential for certain risks, some of which may not be reasonably foreseeable.

I further acknowledge that these risks could cause me, or others around me, harm, including, but not limited to, bodily injury, damage to property, emotional distress, or death.

I am a willing participant in the exercise program offered by Wellness Works NW.

By signing this agreement, I agree to release, indemnify, and hold harmless Wellness Works NW, as well as all its employees, agents, representatives, successors, etc. from all losses, claims, theft, demands, liabilities, causes of action, or expenses, known or unknown, arising out of my participation in the exercise program.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date

