



Aldersgate United Methodist Church  
1301 Collingwood Road  
Alexandria, VA 22308

### ASSUMPTION OF RISK AND WAIVER OF LIABILITY

I hereby acknowledge, agree, and understand that participating in any fitness classes at Aldersgate United Methodist Church, 1301 Collingwood Road, Alexandria, VA 22308 involves risks of injury to my person. By engaging in such classes, I assume full responsibility for such risks. I do hereby release, waive and hold harmless Aldersgate United Methodist Church or related entities, employees or volunteers from any liability and all claims arising from my participation in any fitness class. This waiver of all claims includes, but is not limited to, personal injury from accidents or illness.

I understand I am releasing Aldersgate United Methodist Church from all liability to me and my heirs for any loss or damage to me and forever give up any claims therefore on account of injury to person or property.

Also, by providing my email address (optional), I authorize Aldersgate United Methodist Church to contact me regarding special events or church activities.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

NAME (printed): \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

How did you find out about the classes here?

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