

POE'S GYM METALLIC POWERLIFTING AND STRENGTH
6100 CENTENNIAL BLVD., NASHVILLE, TN.37209

INFORMED CONSENT AND RELEASE OF LIABILITY FORM

Because physical exercise can be strenuous and subject to risk, POE'S GYM METALLIC POWERLIFTING AND STRENGTH urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You (each member, guest, or participant) agree that if you engage in any physical exercise or activity, or use any POE'S GYM METALLIC POWERLIFTING AND STRENGTH amenity on the premises or off premises at a sponsored club event, you do so entirely at your own risk.

This includes, without limitation, your use of the locker room, parking area, sidewalk area, or any equipment of the POE'S GYM METALLIC POWERLIFTING AND STRENGTH facility and your participation in any activity, class, program, or instruction. You agree that you are voluntarily participating in these activities along with the use of these facilities and premises and assume all risks of injury, illness, damage or loss or theft of any personal property. You expressly agree to release and discharge POE'S GYM METALLIC POWERLIFTING AND STRENGTH, and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims or causes of action.

This waiver and release of liability includes, without limitation, all injuries to you which may occur as a result of (a) your use of any exercise equipment, products and POE'S GYM METALLIC POWERLIFTING AND STRENGTH amenities, (b) the sudden and unforeseen malfunctioning of any equipment (c) our instruction or supervision, and (d) your slipping and/or falling while in POE'S GYM METALLIC POWERLIFTING AND STRENGTH, or on POE'S GYM METALLIC POWERLIFTING AND STRENGTH'S premises, including adjacent sidewalks and parking areas regardless of negligence. Your signature below acknowledges that you have carefully read this waiver and release and fully understand that it is a release of liability.

You agree to follow the below rules and any and all other rules while a visitor and a member at Poe's Gym.

1. Spray down all equipment that you use or sweat upon after use.
2. Return equipment that you use to its original place.
3. Don't slam machine plates or drop dumbbells.
4. No matter the prior condition before your use, if you break anything in Poe's Gym, you buy it.
5. PROTECT OUR FLOORS: Use auxiliary mats ON TOP OF OUR FLOORS while using the trapbar, Olympic lifting, deadlifitng, rowing, or other lifts that may scar/damage the floor.

You agree to voluntarily give up any right that you may otherwise have to bring a legal action against POE'S GYM METALLIC POWERLIFTING AND STRENGTH for negligence, or any other personal injury or property damage or loss action.

Guest/Member Signature Date:

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(Print)

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(Signature)

Email Print -----Your Phone -----

Emergency Phone -----