

IRONCORE GYM – 24/7 LIABILITY WAIVER & ASSUMPTION OF RISK AGREEMENT

1. Assumption of Risk

I understand that participation in fitness activities, strength training, bodybuilding, powerlifting, cardio exercise, and the use of gym equipment involves inherent risks including serious bodily injury, muscle strains, broken bones, heart attack, paralysis, or death. I voluntarily assume all risks associated with participation at Ironcore Gym.

2. Workout At Your Own Risk

I understand that Ironcore Gym is a 24-hour access facility and may not have staff present at all times. I acknowledge that I am exercising entirely at my own risk.

3. Release of Liability

I hereby release, waive, discharge, and hold harmless Ironcore Gym, its owners, employees, trainers, contractors, affiliates, and representatives from any liability, claims, damages, injuries, illnesses, death, property loss, or lawsuits arising from the use of the facility or participation in any activity.

4. Medical Acknowledgment

I certify that I am physically capable of participating in exercise activities and understand it is my responsibility to consult a physician before beginning any exercise program.

5. Equipment Use

I agree to use all equipment safely and properly. I understand misuse of equipment may result in serious injury or death.

6. Personal Property

Ironcore Gym is not responsible for lost, stolen, or damaged personal belongings.

7. Member Conduct

Ironcore Gym reserves the right to terminate memberships immediately for unsafe behavior, fighting, harassment, damaging equipment, unauthorized guests, illegal drug use, or any conduct deemed harmful to the gym or its members.

8. Security & Surveillance

I understand the facility may be monitored by video surveillance for safety and security purposes.

9. Emergency Situations

I understand emergency assistance may not be immediately available during unstaffed hours and I accept all risks associated with exercising alone.

10. Binding Agreement

I acknowledge this agreement is legally binding upon myself, my heirs, assigns, estate, and legal representatives.

Full Name: _____

Phone Number: _____

Email Address: _____

Date of Birth: _____

Emergency Contact: _____

Emergency Contact Phone: _____

Member Signature: _____

Date: _____

PARENT/GUARDIAN CONSENT (IF UNDER 18)

I am the parent/legal guardian of the above minor and consent to their participation and agree to all terms of this waiver on their behalf.

Parent/Guardian Name: _____

Signature: _____

Date: _____