

2600 Association, Inc.

Yaknow Management LLC
PO Box 5903, Newark, NJ 07105
2600johnfkennedy@gmail.com
(201) 966-1768

WAIVER & RELEASE FORM

Because physical exercise can be strenuous and subject to risk of serious injury, 2600 Association urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You (each member or participant) agree that if you engage in any physical exercise or activity, or use any 2600 Association's Wellness Center amenity on the premises or off premises including any sponsored 2600 Association's Wellness Center event, you do so **entirely at your own risk**. Any discussions with other members or any instructor brought in by 2600 Association regarding changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and premises **and assume all risks** of injury, illness, or death. 2600 Association is also not responsible for any loss of your personal property.

This waiver and release of liability includes, without limitation, all injuries which may occur, regardless of negligence, as a result of; (a) your use of all amenities and equipment in the facility and your participation in any activity, class, program, personal training or instruction, (b) the sudden and unforeseen malfunctioning of any equipment (c) our instruction, training, supervision, or dietary recommendations and (d) your slipping and/or falling while in the Wellness Center, or on the Wellness Center premises, including adjacent sidewalks and parking areas.

You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a **release of liability**. You expressly agree to release and discharge 2600 Association, Management and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the 2600 Association or Management for negligence, personal injury, property damage, theft.

Note: Should any part of this agreement be found by a court of law to be against public policy or in violation of any state statute or case precedence, then the remainder of this document will remain in full force.

Signed: _____

Printed Name: _____ Unit #: _____

Dated: ___/___/___