

I, \_\_\_\_\_, hereby acknowledge that my participation in martial arts and fitness training classes, sessions, and related activities at **La Bodega Fitness and Fight Club** involves certain inherent risks and dangers, including but not limited to bodily injury, property damage, and even death.

**In consideration of being allowed to participate in these activities, I agree to the following:**

**1. Assumption of Risk:** I understand that participating in martial arts and fitness training activities involves certain risks, including but not limited to strains, sprains, fractures, concussions, and other injuries. I voluntarily assume all risks associated with my participation, including those risks that may arise from the negligence of the gym, its instructors, or other participants.

**2. Release of Liability:** I hereby release, waive, discharge, and covenant not to sue **La Bodega Fitness and Fight Club**, its owners, instructors, employees, agents, and affiliates from any and all liability, claims, demands, actions, or rights of action arising out of or related to any loss, damage, or injury, including death, that I may sustain while participating in martial arts and fitness training activities at the gym.

**3. Indemnification:** I agree to indemnify and hold harmless **La Bodega Fitness and Fight Club** its owners, instructors, employees, agents, and affiliates from any and all liabilities, claims, demands, actions, or rights of action that may arise from my participation in martial arts and fitness training activities, including any claims brought by third parties.

**4. Medical Authorization:** I represent that I am physically fit to participate in martial arts and fitness training activities and have no medical conditions that would prevent my participation. In the event of an injury or medical emergency, I authorize the gym and its staff to obtain medical treatment for me and agree to be financially responsible for any costs incurred.

**5. Photo and Video Release:** I grant **La Bodega Fitness and Fight Club** the irrevocable right and permission to use photographs and/or videos of me taken during martial arts and fitness training activities for promotional and marketing purposes without compensation to me.

**6. Governing Law:** This waiver shall be governed by and construed in accordance with the laws of Minnesota USA, without giving effect to any principles of conflicts of law.

I have read this waiver and fully understand its terms. I acknowledge that I am signing it freely and voluntarily, and intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

**NAME :** \_\_\_\_\_

**SIGNATURE :** \_\_\_\_\_

**PARENT/GUARDIAN SIGNATURE:** \_\_\_\_\_

*IF PARTICIPANT IS UNDER 18 YEARS OLD*

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

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

**EMERGENCY CONTACT | RELATIONSHIP:** \_\_\_\_\_

**NAME:** \_\_\_\_\_

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

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