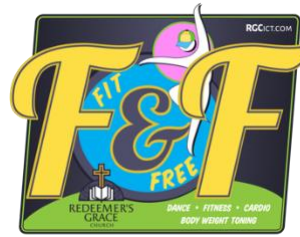


FIT & FREE
AGREEMENT OF RELEASE,
ASSUMPTION OF RISK AND
WAIVER OF LIABILITY



Name: _____

Address: _____

Phone: _____ Email: _____

Emergency name & telephone: _____

This agreement is between Sarah Butler, Fit & Free Instructor, and sponsor Redeemer's Grace Church, as well as hosts Wichita Friends School and the individual whose name is printed and signed below:

I, _____, hereby agree to the following:

1. I am participating in Fit & Free classes offered through Redeemer's Grace Church. I recognize that this class requires physical exertion that may be strenuous and may cause physical injury, including death, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation fitness classes. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in this class.
3. In consideration of being permitted to participate Fit & Free classes, I agree to assume full responsibility for any risks, injuries or damages (known or unknown), property damage or loss of any kind in which I may incur as a result of participating in Fit & Free classes.
4. In further consideration of being permitted to participate in Fit & Free classes, I knowingly, voluntarily and expressly waive any claim I may have against the Fit & Free instructor(s) for any injuries or damages (known or unknown), property damage or loss of any kind, including death that I may sustain as a result of participating in any Fit & Free class.
5. This is a legally binding Release, Waiver, Discharge and Covenant Not to Sue (collectively "Release") the authorized instructor(s) for any injury, death, property damage or loss of any kind caused by my voluntary participation in any Fit & Free class. This Release, Waiver, Discharge and Covenant Not to Sue is made voluntarily by me, the undersigned Releasor, on my own behalf, and on behalf of my heirs, executors, administrators, and legal representatives.
6. I have read the above release, waiver of liability and assumption of risk, fully understand its contents and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily and intend by my signature to be the complete and unconditional release of all liability. I voluntarily agree to the terms and conditions stated above. This agreement remains in effect for as long as I participate in any Fit & Free class under the instruction of Sarah Butler.

Participant Signature

Date

Parent / Guardian (for participants under 18)

Date