



Group Fitness Waiver- 18 years of age and older
ARUP LABORATORIES, INC.
WELLNESS CENTER

IMPORTANT: THIS IS A LEGAL DOCUMENT.
PLEASE READ AND UNDERSTAND THIS DOCUMENT BEFORE SIGNING.

ASSUMPTION OF RISK AND WAIVER OF LIABILITY AGREEMENT
(FOR ADULTS OVER THE AGE OF 18)

This Agreement must be completed to participate in the exercise or fitness classes or offerings associated with the ARUP Health & Wellness Center. This waiver is applicable for up to 5 years from the date of signature.

Participant (print full name): _____ Spouse | Dependent | Employee
(circle one)

DOB: _____ Related Employee Name & Number: _____

In return for willingly participating in any activities associated with or at ARUP’s Health & Wellness Center, I release and agree not to sue ARUP or the University of Utah, or their respective officers, employees, and agents, for any and all present and future claims that I may have or make, or my family, estate, heirs or assigns may have or make for property damage, personal injury or wrongful death arising as a result of my use of, or participation in activities at or associated with, ARUP’s Health & Wellness Center caused by any ordinary negligence of ARUP or the University of Utah. I understand that use of, or participation in activities at or associated with, ARUP’s Health & Wellness Center involves certain risks, including, but not limited to, serious injury or death. I voluntarily engage in and/or participate in the activities associated with the Health & Wellness Center with knowledge of the danger and agree to assume and accept all risks of such use and participation.

I certify that I am in appropriate physical health and that I am aware of my health status and/or limitations to engage in use of the Wellness Center. If I have concerns, it is up to me as the individual to consult a primary care physician and receive their guidance to use, and/or participate in exercise offerings at or associated with, the Health & Wellness Center. I agree to abide by all rules and regulations of the Wellness Center, including to not bring outside guests into the gym space. Only sponsored and verified spouses, dependents, and employees may use the ARUP gym for their workout needs. Those who violate bringing unauthorized individuals into the Wellness Center upon multiple attempts, risk suspension of badge access as this risks the health/safety of unverified individuals.

Participant Signature

Date