



301 S. Lafayette
South Lyon, MI 48178
(248) 486-2582

Waiver and Release Form

Physical exercise can be strenuous and subject to risk of serious injury. HealthStyles Health and Wellness urges you to obtain a physical examination from a physician prior to using any exercise equipment or participating in any exercise activity. You (member, guest, or participant) agree that if you engage in any physical activity or use any HealthStyles Health and Wellness amenity on the premises or off the premises, including any sponsored HealthStyles Health and Wellness event, do so ENTIRELY AT YOUR OWN RISK. This includes, without limitations, the use of the locker room, parking area, sidewalk area, use of equipment in HealthStyles Health and Wellness facility, and participation in any activity, class, program, personal training, and instruction. This also includes following any recommendations for changes in diet including the use of food supplements, weight reduction and/or body building dietary or food supplement changes. You agree that you are voluntarily participating in these activities and the use of these facilities and premises and ASSUME ALL RISKS of injury, illness or death. HealthStyles Health and Wellness is not responsible for any loss of your personal property. You expressly agree to release and discharge HealthStyles, Inc. and all affiliates, employees, agents, representatives, successors, or assignees, from any and all claims or causes regardless of negligence, as a result of (a) your use of any equipment, products and club amenities, (b) the sudden and unforeseen malfunctioning of any equipment, products and club amenities, (c) our instruction, training, supervision, or dietary recommendation and (d) your slipping and/or falling while at the HealthStyles Health and Wellness facility or on HealthStyles, Inc. premises, including adjacent sidewalks and parking areas.

Signature: _____

Date: _____

Please Print:

Name: _____

Home Address: _____

Phone Number: (____) _____ - _____

Email Address: _____ (optional)

Check here if you would like to receive information about HealthStyles Health and Wellness via: Postal Address Email Address

No, I do not want to receive information