

Informed Consent Waiver

I, the undersigned, desire to use certain exercise facility and equipment (the "Fitness Center") which is located in the Building known as City Center Square, located at 1100 Main Street, Kansas City, Missouri.

I, the undersigned, wish to participate in the fitness program as offered by City Center Square. I certify that I am physically able to participate in any activity in which I will take part. I have a reasonable basis for this opinion due to examination and/or consideration with my physician. I also certify that I will use good judgment while exercising and will not overexert. I recognize that I am responsible for knowledge of my own state of health.

I realize that at any time one engages in physical activity there are inherent dangers. I therefore accept any and all responsibility and assume the risk of any and all injury or damage to my person which may arise, whether directly or indirectly as a result of my participation in the Fitness Center. I hereby release and hold harmless from any liability whatsoever the ownership and management of City Center Square Fitness Center, as well as its affiliates, directors, officers, employees and representatives.

I also agree to abide by the rules and regulations as established by the ownership and management of City Center Square with the understanding that violation of such rules may result in withdrawal of my privilege to utilize the fitness facility.

I certify that I understand and agree to the contents of this waiver.

Signed _____ Date _____

Print Name _____

Witness _____

City Center Square Fitness Center Rules & Regulations

City Center Square Fitness Center is an amenity located at 1100 Main Street, Kansas City, Missouri. It is an unmanned facility and as such requires a great deal of cooperation from its members. Please be respectful of the facility and others at all times. As with any fitness center, we do have rules that must be followed in order for you to have a safe and friendly environment. All rules must be followed by all individuals in the fitness center. Failure to comply could result in cancellation of your membership.

- 1. Smoking, drinking alcohol or chewing gum is not allowed in the Fitness Center.**
- 2. Proper gym attire is required. All gym bags must be kept in the locker rooms.**
- 3. The facility is for members only. Any member that allows a non-member to use the facility without prior approval from City Center Square Fitness Center shall be subject to immediate termination. No children allowed at any time.**
- 4. If people are waiting to use the cardio equipment, please limit your time to 30 minutes.**
- 5. Lockers are to be used only during the time period that you are actually utilizing the gym. No items may be left overnight or stored during the day.**
- 6. Members are fully responsible for personal items that are lost, stolen or damaged at the Fitness Center.**
- 7. No cameras are permitted.**
- 8. Please wipe down equipment after each use.**
- 9. Please report any broken/damaged equipment to the security desk.**
- 10. The Fitness Center is reserved only for fitness related activities. No loitering allowed.**
- 11. Fitness Center hours are:
Monday – Friday 6am – 8pm*, Saturdays – 7am – 5pm*
Building hours are:
Monday – Friday – 6:30am -8pm, Saturdays – 8am – 3pm
* after hours ring bell or access can be granted at 12th & Baltimore.**

X _____
Member's Acknowledgement

Date

Print Name