



Mariner's Mark
A Condominium On The Chesapeake

Exercise Room Release Form

The undersigned hereby assumes the risk for injuries that I may sustain in the use of the exercise equipment which may be provided by Mariner's Mark Condominium Association as well as participation in any of the exercises sponsored by said Association. I hereby release and discharge the Association and waive any claim that I may have against the Association for any injury I may sustain as a result of using said equipment or participating in any exercise program. I acknowledge that some of the exercise programs may be strenuous and may cause muscle strains, pulls or tears, broken bones, shin splints, heat prostration, injuries to the knee, lower back and foot as well as other parts of my body and may place an unnecessary strain on my heart. I recognized that this list is not inclusive and there may be other effects on my body as a result of the participation in such exercises and programs.

I acknowledge that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in the use of the equipment or exercise programs.

The equipment and the program referred to include, but are not limited to, aerobics, weight training, stationary bicycling and the use of various aerobic-cardiovascular conditioning equipment offered by the Association.

 Name (Printed)

 Signature

 Name (Printed)

 Signature

 Address

 Date

I decline to use the exercise room or equipment.

 Name (Printed)

 Date

 Address

When the form is complete, please return to:

The Select Group, Inc.
 2224 Virginia Beach Blvd, Ste 201
 Virginia Beach, VA 23454
 Ofc: 757-486-6000 Fax: 757-486-6000
 Email: select@theselectgroup.us