

CHRIST UNITED METHODIST CHURCH  
Release Form

I hereby stipulate that I am physically sound to proceed with instruction. It is further agreed that all exercises and lessons shall be undertaken at my sole risk and that the Christ United Methodist Church (Christ Church) or any instructors or staff members shall not be liable for injuries or damages to my person or property arising out of, or connected with, the use of services or facilities of the Christ Church, or the premises in which the same are located. I do hereby forever release and discharge the Christ Church, and exercise instructors or staff from all such causes of action.

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Signature

Print Name

Date

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Address

City, State, Zip

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E-mail

Home/Cell

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Known physical limitations/illness/injuries