



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOUR CORE CROSSFIT WAIVER OF LIABILITY

Member Health: The applicant represents that he/he is in physically sound condition and understands that participation in YMCA/Four Core CrossFit activities including but not limited to: CrossFit, group exercise, weight training, recreational sports, and use of pools, saunas, and fitness equipment carry a potential risk of injuries or illness.

The applicant further understands that the YMCA of Dane County, Inc. assumes no responsibility for any such injury or illness. Consult with your physician before beginning any exercise program.

Signed:

Print Name

Signature

CrossFit Affiliate Name: _____

CrossFit Affiliate Address: _____

FOUR CORE

CrossFit®