



City of Murray



Voluntary Wellness Program

CrossFit Fitness Facility Membership Reimbursement Form **(Employee Only)**

Name: _____ Department: _____

(Print)

I wish to participate in the CrossFit Fitness Facility membership reimbursement program that is being offered to participants of the voluntary wellness program of the City of Murray. I understand that the reimbursement program is for monthly membership fees only, does not include enrollment or any other additional fees, is for employees only, and will reimburse a maximum of \$80.00 per month as long as I meet the minimum requirement of twelve (12) visits per month at CrossFit Murray. If I fail to meet the minimum requirement of twelve (12) visits per month at CrossFit Murray, I will not receive a reimbursement check. I also understand that CrossFit reimbursement may not be combined with gym fee or Weight Watchers reimbursements.

I understand that with any physical activity, there are risks, including increased heart stress and the chance of musculoskeletal injuries. In volunteering to participate in this physical activity, I agree that, to my knowledge, I have no limiting physical conditions or disability that would preclude the physical activity.

A physician's examination is recommended for all participants with any exercise restrictions, including any heart problems, high blood pressure, chest pain, dizziness, relevant surgeries, diabetes, asthma, epilepsy, arthritis, or significant injury to any part of the body. By signing below, I accept full responsibility for my own health and well-being and I acknowledge an understanding that no responsibility is assumed by the City of Murray or its employees, authorized agents or assignees.

The City of Murray and its employees, authorized agents or assignees are released from any liability now or in the future for conditions that may result from participation in any City recreational activities including but not limited to: heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat exhaustion, injuries to the knees, injuries to the back, injuries to the feet, any complicated preexisting condition whether known or unknown, or any other illness or soreness that may occur, including death. I hereby indemnify, hold harmless, and forever discharge the City of Murray from all claims, demands, and causes of injury that may occur.

I hereby affirm that I have read and fully understand the above statements.

Employee participant signature

Date

Name of facility: CrossFit Murray

Monthly Membership Fee: \$95.00 *Note: Receipt showing monthly fee must be attached.*

By signing above, I authorize the release of my monthly CrossFit facility attendance records to the City of Murray.