



Office of Labor Relations
Renee Campion
Commissioner

CITY OF NEW YORK/ WorkWell NYC Fitness Classes – Waiver & Release Form

I, the undersigned, understand and acknowledge that by participating in WorkWell NYC fitness classes offered through the Mayor’s Office of Labor Relations at various locations throughout the City, I may be exposed to numerous inherent risks, including accidents, injury, illness, or even death. I understand that my participation is strictly voluntary and that by participating I **assume all risks.**

I understand that the fitness classes provided, which include but are not limited to aerobics, chair fitness, chair yoga, pilates, zumba, soca fitness, and toning and conditioning, involve physical movements and postures that are meant to strengthen and stretch the body, and can involve movements such as jumping, bending, twisting, balancing and turning. As such, I attest to the fact that I have no medical conditions which would prevent or restrict me from engaging in this type of physical activity.

I understand that only I can determine whether it is appropriate to engage in the activity suggested by the instructor and that at any time I am free to stop participating in the session and rest. I also understand that I will immediately notify my instructor if I become uncomfortable during fitness classes, whether for health, physical, or any other reason.

I hereby agree that WorkWell NYC, the Mayor’s Office of Labor Relations, or my agency at its sole discretion, shall have the right to exclude my participation in the fitness class or activity.

I agree to abide by the specified Fitness Class Code of Conduct and understand that these rules and guidelines are for my safety and the protection of other participants, WorkWellNYC, the Mayor’s Office of Labor Relations and my agency.

I acknowledge that I have carefully read this waiver and release and fully understand that this is a **release of liability.** By signing this document I expressly agree to release and discharge the City of New York, the Mayor’s Office of Labor Relations, WorkWell NYC and my agency from any and all claims or causes of action arising out of my participation in the fitness sessions.

By signing this release, I acknowledge that I understand its contents and that this release cannot be modified orally.

Signature of Participant

Date

Print Name

(Please print clearly above)

FITNESS CLASS CODE OF CONDUCT

I. GENERAL POLICIES AND PROCEDURES

- a. The City of New York (“NYC”), the Mayor’s Office of Labor Relations, WorkWell NYC and my agency shall have the unqualified right to make such rules, regulations, and restrictions as may be deemed necessary.
- b. Participation in the fitness sessions is limited to NYC personnel and those on assignments to NYC during non-working hours. Non-NYC personnel are not permitted to participate.
- c. NYC personnel who are loud, offensive, or bothersome to those participating or otherwise behave in an unbecoming manner or who are cited for an infraction of the rules and regulations may be excluded from participation in the fitness sessions.
- d. Good order, proper attire, decorum and consideration of the rights and comforts of others must be observed at all times.
- e. All NYC personnel must sign-in and sign-out upon entering and leaving each fitness session. Under no circumstances shall participants attend during working hours.

II. FITNESS SESSIONS

- a. Attire
 - i. NYC personnel must be properly attired in clothes and footwear appropriate to the activity. “Work attire” may be deemed acceptable for certain classes; however the determination is at the sole discretion of NYC and under no circumstances shall high-heeled shoes be permitted.
- b. Etiquette
 - i. NYC personnel agree to conduct themselves in a well-mannered fashion and not disturb or interfere with the safe enjoyment of the fitness sessions by other NYC personnel.
 - ii. No personal belongings (i.e. gym bags, purses, extra clothing, etc.) are allowed on the floor where the session is being held.
 - iii. NYC personnel will be responsible for bringing, removing and cleaning their equipment, as necessary.