



## AGREEMENT AND RELEASE LIABILITY

Please initial next to each paragraph after you have read it to show that you have read it and agree.

\_\_\_\_ 1. I understand and am aware that Pilates, Yoga, Dance, Physical & Aerobic exercise and the use of equipment are potentially hazardous activities. I also understand that such fitness activities involve a risk and that I am voluntarily participating in these activities. I hereby agree to expressly assume any and all risks.

\_\_\_\_ 2. I acknowledge that I have either had a physical examination and have been given my physician's permission to participate or that I am participating in activity and/or use of equipment without the approval of my physician and do hereby assume all responsibility for my participation and activities and utilization of equipment in my activities.

\_\_\_\_ 3. I do hereby waive, release, indemnify, hold harmless and forever discharge the business, its owner (Bernadette Recto), managers, contractors and employees and all independent trainers and contractors working at the studio from any and all responsibilities in any activities or liability for injuries or damages whether caused by negligence or otherwise resulting from my participation in an activities or my use of equipment during my Pilates and/or Yoga and/or Dance and/or Physical exercise sessions at the studio or at any off-site location where I am engaged in such activities or using equipment associated with the studio.

\_\_\_\_ 4. The studio shall not be responsible or liable for any articles lost, stolen or damages, in or about the studio.

\_\_\_\_ 5. I acknowledge that my being permitted to participate in the activities at and associated with the studio shall be lawful consideration for this agreement and that it shall be legally binding upon me, my heirs, my estate, assigns, legal guardians and my personal representatives.

\_\_\_\_ 6. I declare that I have carefully read, fully understand and agree to the contents of this agreement in its entirety. I am aware that I am releasing legal rights that I otherwise might have and I enter into this Contract on behalf of me and my family of my own free will and with full comprehension and awareness of the risks involved.

This is a release of liability. Do not sign or initial the release if you have not read it completely or do not understand or do not agree with any of its terms.

Date: \_\_\_\_\_ Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_