



## **WAIVER AND RELEASE OF LIABILITY**

I, \_\_\_\_\_ (hereinafter referred to as “Participant”) understand that Pilates, Yoga, dance, and other fitness programs (hereinafter collectively referred to as “Pilates”) involve physical exertion, are strenuous, and that injuries may occur, including death, when participating in such activities. Participant accepts and assumes the risks associated with Pilates including, but not limited to, overexertion, equipment malfunction or failure, inability to perform suggested exercises or maneuvers, physical or mental conditions that impede the ability to properly perform suggested exercise or maneuvers, failure to properly operate equipment, and failure to follow instructions. Participant hereby knowingly and voluntarily assumes all risk of property damage, injury, and death associated with Pilates.

Participant understands that it is her/his responsibility to consult with a physician prior to and regarding participation in Pilates. Participant represents and warrants that she/he has no physical or mental condition that would prevent full participation in Pilates. Participant agrees to inform her/his instructor immediately of any physical or mental condition that would prevent her/ his full participation in Pilates.

In consideration for participation in Pilates, receiving instruction in a group, private or semi- private lessons, classes, programs, or workshops and using the equipment and facilities of Studio Kinetics LLC (hereinafter referred to as Studio Kinetics), Participant hereby agrees to release, hold harmless, and indemnify Studio Kinetics and its owners, partners, employees, independent contractors, directors, officers, agents, instructors, guest instructors, licensees, and affiliates from any and all claims by or on behalf of Participant against Studio Kinetics arising directly or indirectly out of Participant’s participation in Pilates, use of any Studio Kinetics equipment or facilities, and participation in any lesson, class, program, or workshop offered by Studio Kinetics. This release includes claims and liabilities arising from any cause whatsoever including, but not limited to, negligence on the part of Studio Kinetics or any of its owners, partners, employees, independent contractors, directors, officers, agents, instructors, guest instructors, licensees, and affiliates. This release is binding upon Participant, and Participant’s heirs, assigns, executors, administrators, and other legal representatives.

