

AGREEMENT AND RELEASE OF LIABILITY

1. In consideration of being allowed to participate in the YOGA/PILATES/T'AI CHICLASSES OR PRIVATE FITNESS INSTRUCTION of , **WRIGHTWOOD YOGA SHACK**, in addition to the payment of any fee or charge, I do hereby waive, release, and forever discharge **WRIGHTWOOD YOGA SHACK** from any and all responsibilities or liability from injuries or damages resulting from my participation in the above mentioned activities. I do also hereby release the above mentioned **WRIGHTWOOD YOGA SHACK** from and responsibility or liability for any injury or damage to myself, including those caused by my own negligent act or omission or in any way arising out of or connected with my participation in any activities of **WRIGHTWOOD YOGA SHACK**.
(PLEASE INITIAL _____)
2. I understand and am aware the YOGA/PILATES/T'AI CHI CLASSES OR PRIVATE FITNESS INSTRUCTION (strength, flexibility, and aerobic exercise), including the use of YOGA/PILATES/T'AI CHI CLASSES OR PRIVATE FITNESS INSTRUCTION props, or equipment, is a potentially hazardous activity. I also understand that YOGA/PILATES/T'AI CHI CLASSES OR PRIVATE FITNESS INSTRUCTION activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment with knowledge of the dangers involved. I do hereby agree to expressly assume and accept and all risks of injury or death.
(PLEASE INITIAL _____)
3. I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation or use of equipment except as hereinafter stated. I do hereby acknowledge that I have been informed of the need for a physician's approval for my participation in an exercise/fitness activity or in the use of YOGA/PILATES/T'AI CHI CLASSES OR PRIVATE FITNESS INSTRUCTION props or equipment. I also acknowledge that it has been recommended that I have yearly or more frequent physical examination and consultation with my physician as to physical activity, exercise, or any use of equipment (YOGA/PILATES/T'AI CHI CLASSES OR PRIVATE FITNESS INSTRUCTION props) so that I might have his/her recommendations concerning YOGA/PILATES/T'AI CHI CLASSES OR PRIVATE FITNESS INSTRUCTION, fitness activities and equipment (YOGA/PILATES/T'AI CHI CLASSES OR PRIVATE FITNESS INSTRUCTION props) use. I acknowledge that I have I have either had a physical examination and been given my physician's permission to participate, or that I have decided to participate in activity (YOGA/PILATES/T'AI CHI CLASSES OR PRIVATE FITNESS INSTRUCTION) and the use of equipment (YOGA/PILATES/T'AI CHI CLASSES OR PRIVATE FITNESS INSTRUCTION props) without the approval of my physician and do hereby assume all responsibility for my participation.
(PLEASE INITIAL _____)

IF STUDENT IS UNDER 18 YEARS OF AGE, THIS AGREEMENT AND RELEASE OF LIABILITY MUST BE SIGNED BY A PARENT OR LEGAL GUARDIAN BEFORE STUDENT MAY PARTICIPATE IN CLASS.

STUDENT SIGNATURE

DATE

PARENT SIGNATURE

DATE