



## Agreement of Release and Waiver of Liability

I, \_\_\_\_\_, hereby agree to the following:  
Print full name above

1. That I am participating in private sessions or classes offered by ***Pilates of Palm Beach, LLC*** during which I will receive information and instruction about fitness. I recognize that fitness programs require physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the classes that I am taking with ***Pilates of Palm Beach, LLC***. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in these classes, programs or workshops.
3. In consideration of being permitted to participate in private sessions or classes with ***Pilates of Palm Beach, LLC***, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program. I further confirm that I have fully disclosed to ***Pilates of Palm Beach, LLC*** all my injuries and illnesses past and present. In addition, I agree to report any changes in my physical condition to ***Pilates of Palm Beach, LLC*** immediately. And, if I feel any discomfort in performing a given exercise, I understand that it is my responsibility to stop and inform my instructor immediately.
4. In further consideration of being permitted to participate in private sessions and classes with ***Pilates of Palm Beach, LLC***, I knowingly, voluntarily and expressly waive any claim I may have against ***Pilates of Palm Beach, LLC*** for injury or damages, including but not limited to, heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower, back/neck/foot injuries and any other illness, soreness or injury, however caused, that I may sustain as a result of participating in the program.
5. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue ***Pilates of Palm Beach, LLC*** for any injury or death caused by their negligence or other acts.
6. I understand that ***Pilates of Palm Beach, LLC*** has the right to refuse service to anyone they feel is inebriated or drugged or whom they feel may be in a compromised state rendering them unfit for exercise or other services offered by ***Pilates of Palm Beach, LLC***.
7. I understand that ***Pilates of Palm Beach, LLC*** has a 24-hour appointment cancellation policy and that a full session fee will be charged for cancellations with less than 24-hours advanced notice. All sessions are to be paid in advance. Group classes with only 1 person will be subject to a \$20 private session upgrade fee. Any packages purchased must be used within 90 days. All sales are final. No refunds.

I hereby affirm that I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date