

CENTERED PILATES + YOGA RELEASE + INDEMNITY AGREEMENT



Name: _____

Date of Birth (18+): _____

Address: _____

City/State: _____ Zip Code: _____

Primary Number/Cell Phone: _____ Email: _____

Emergency Contact + Phone Number: _____

By signing up for and/or attending Pilates' or Yoga sessions, events, activities and other programs with Centered Pilates + Yoga and using the premises, facilities and equipment, or any other location or venue where Centered Pilates + Yoga is providing services:

- I hereby acknowledge on behalf of myself, my heirs, personal representatives and/or assigns, that there are certain inherent risks and dangers in participating in Pilates and Yoga classes, and the use of the exercise equipment in association with the Classes and Facilities.
- I acknowledge that I have read and thoroughly understand the scope of the classes, and have had an opportunity to ask questions regarding the risks associated with the classes and I acknowledge that some of these risks cannot be eliminated regardless of the care taken to avoid injuries.
- I also acknowledge that the specific risks vary from one activity to another, but range from (1) minor injuries such as bruises and sprains; (2) major injuries such as joint or back injuries, heart attacks and concussions; and (3) catastrophic injuries including paralysis and death.
- At all times, I shall comply with all stated and customary terms and safety rules given to me by the instructor.
- **I hereby acknowledge that there are no refunds and that there is a 24 hour cancelation policy.** Payments are non-refundable, non-transferrable and there are no credits for partially used periods or packages.
- I represent that I (a) have no medical or physical condition that would prevent me from properly participating in the classes and using the equipment, (b) do not have a physical or mental condition that would put me in danger and that (c) I have not been instructed by a physician to refrain from physical exercise.

In consideration of my participation in classes with and without use of the equipment I hereby agree to (1) assume full responsibility for any and all injuries or damage which are sustained or aggravated by me in relation to the classes and equipment, and (2) release, indemnify, defend and hold harmless Centered Pilates + Yoga from any and all responsibility, claims, action, suits, procedures, costs, expenses, damages and liabilities to the fullest extent allowed by law arising out of or in any way related to participation in the classes or use of the equipment.

Signature: _____ Date: _____