

# MY PILATES

## RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

In exchange for permission to participate in My Pilates classes and/or private sessions, I hereby enter into the following release and waiver of liability, assumption of risk and indemnity agreement and photo release. I, for myself, my heirs, spouse, executors, administrators, personal representatives and assignees, waive, release, discharge, indemnify, hold harmless and agree not to sue My Pilates, its officers, directors, shareholders, employees, agents, landlords, lessees, sponsors, representatives, volunteers, and affiliates (hereafter the "Released Parties") from, any and all liability, responsibility, damages, losses, claims, demands, actions, suits, judgments, costs and expenses (including attorneys' fees) resulting from personal injury, accidents, illnesses, death and/or property loss caused in any manner, including theft, fire and the simple, active or passive negligence of the Released Parties, by my participation in the My Pilates fitness classes.

I acknowledge the Pilates classes offered through My Pilates are based on the methods taught by Joseph Pilates through centering, concentration, control, precision, flow, and breath. These classes are designed to develop musculoskeletal strength, balance, coordination and flexibility. Participants are advised to move comfortably through the exercises and to work at their individual level of difficulty.

I acknowledge the Cardio Pilates classes, MyBarre classes, Yoga, Teacher Training Program & other classes offered through My Pilates are based on the aforementioned principles of pilates & yoga and include exercises to condition the cardiovascular system. These classes allow for a warm-up and cool-down period, and participants are advised to warm-up and to pace themselves during the class always working at their individual level of difficulty.

I acknowledge I have been advised to consult with my physician with respect to any past or present injury, illness, cardiovascular problem, knee problem, back problem, neck problem, osteoporosis, or any other condition that may affect my participation and ability to participate in and to endure the exercise programs, and knowingly assume all risks relating to my participation in My Pilates studio.

I acknowledge that I have discussed with my physician the appropriateness of the classes offered through My Pilates in connection with any illness or condition that I now have or have previously had and that I knowingly execute this agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

I have read this agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. This agreement is intended to be as broad and inclusive as permitted by law. If any portion of this agreement is held invalid, the remaining portions will continue in full force and effect.

Read the above information carefully and then sign below. SIGNATURE PAGE FOR RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

PrintedName: \_\_\_\_\_ [If signing on behalf of a minor]:

I, \_\_\_\_\_ (printed name) am the parent/guardian of  
\_\_\_\_\_ (printed name of minor) and I am signing this agreement  
on behalf of said minor. Signature: \_\_\_\_\_