

## **Waiver Of Liability And Informed Consent Release**

If I have enrolled in a program of instruction in a method of physical conditioning offered by INTOWN PILATES ATLANTA, a Pilates Studio, I understand participation in INTOWN PILATES ATLANTA exercise and conditioning activities, like any physical conditioning activity or exercise program, presents some unavoidable risk of injury, especially to people who have pre-existing injuries, illness, or medical disabilities. I understand the use of exercise equipment also carries with it a risk of injury. I recognize many changes may occur as a result of these exercise lessons, including possible short-term aggravation of some symptoms, feelings of tiredness, light-headedness, increased energy, mood changes, etc.

I also understand a medical evaluation is advisable before commencing any program of physical conditioning or exercise. I have and will continue to keep my Instructor or fully informed of any physical condition or disability, which would prevent or limit my participation in an exercise or physical conditioning program. I acknowledge, although the conditioning program I participate in may have substantial physical benefits, neither INTOWN PILATES ATLANTA, nor its employees are engaged in diagnosing or treating medical diseases or deficiencies.

I expressly assume all risks of my participation in the programs conducted by an INTOWN PILATES ATLANTA INSTRUCTOR and waive any claim which I might otherwise bring against the above mentioned, its officers, directors, shareholders, employees, trainees, and contractors as a result of injuries resulting from or relating to my participation in INTOWN PILATES ATLANTA programs.

INTOWN PILATES ATLANTA, a Pilates studio, shall not be responsible or liable for any articles lost, stolen, or damaged in or about the studio.

I understand that all series are non-refundable and are to be used during the time specified; private and duet series expire 6 months from purchase date.

Name (PRINT) \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_