



REFINE PILATES WAIVER OF LIABILITY AND INFORMED CONSENT RELEASE

This Release, Waiver and Hold Harmless Agreement is made by and between the undersigned (client) and Refine Pilates, and entered into on the date below. The parties recognize that Refine Pilates will not be able to provide its program to the client without the execution of this agreement.

Refine Pilates will provide space for instruction and the Pilates method of physical conditioning. The parties to this agreement recognize that participation in this activity could lead to physical injury to the client. The client desires to undertake Refine Pilates program with the full knowledge of the possibility that physical injuries could result from it and assume the risk of any such injury.

Therefore, the client in consideration of the above and the exercise classes to be provided, hereby waives all claims for damage or loss to person or property which may be caused by any act, or failure to act of Refine Pilates instructors, staff or employees. Client assumes risk of all dangerous conditions in and around the premises and waives any and all specific notice of the existence of such conditions. Client also assumes the risk of any and all injuries that might result from participating in Refine Pilates exercise programs.

I _____ have enrolled in a program of physical activity including but not limited to the use of various Pilates machinery offered by Refine Pilates. I understand that participation in the Pilates Method of 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, muscle/movement patterns, illness or medical disabilities.

I hereby affirm that I have and will keep Refine Pilates informed of any existing physical condition or disability which would prevent or limit my participation in an exercise or physical-conditioning program. I will also keep Refine Pilates informed of any physical condition or disability arising from my participation in the exercise program.

Client signature _____ Today's date _____

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