

The Pilates Wellness Center - Health & Safety Information Waiver and Release

In consideration for my participation at The Pilates Wellness Center and my use of the Pilates equipment or any services I receive, I hereby assume all risk of loss, damage or injury associated with or incurred during my use of such fitness equipment or participation in the Pilates fitness and wellness programs. On behalf of myself, my heirs, beneficiaries, administrators and personal representatives, I waive all claims for injuries or damages arising out of my use of the equipment of participation in the programs and hereby release the PILATES WELLNESS Center, Inc. ("Pilates Center"), as well as its officers, directors, assigns, members, agents and employees, from all such claims arising out of my use of the equipment or participation in the programs of Pilates Center.

I confirm that my physical condition allows me to use the equipment and participate in the Pilates Center programs and that, if I have any question about my physical condition in this regard, I will seek a physician's advise. I have read and understood the foregoing, and voluntarily sign this Health Information, Waiver and Release Form.

Pilates Wellness Center Participant Signature

Date

Please be aware of the following Studio Policies and initial each one after reading it.

- _____ 1) I understand that I will be charged for any private, semi-private, group session or any other service if less than 24 hours cancellation notice is given. There are no make up sessions or exceptions of any kind.
- _____ 2) I understand that all sessions/classes are pre-paid and there are no refunds if I miss, choose to cancel or not attend my session. If I no show 2 times in a row without contacting the studio, I understand my sessions with be terminated without refund.
- _____ 3) I understand all private sessions expire in 1 year from date of purchase and group class package expire in 3 months. No extensions are given regardless of the circumstance.
- _____ 4) I understand the sessions are non-refundable and non-transferable.
- _____ 5) I understand I need to practice good Studio Etiquette. I realize there may be other clients in the studio the same time I am. I agree to turn my cell phone off, keep my voice to a minimum, and be respectful to the other clients. I agree to wear proper pilates attire (long leggings to my ankles, socks and a top that covers my entire torso). I understand if proper attire is not worn to session, the session will not be conducted and I will be charged for the session.
- _____ 6) I understand that my sessions will be terminated without refund if I do not adhere to any of the Studio policies as mentioned in the Health & Safety Information Waiver and Release
- _____ 7) I understand that group sessions start on time and the door is locked. I understand I will not be granted entrance under any circumstance once class has started and I agree not to disturb the class.
- _____ 8) If the participant is under 18 years of age, signature of parent or guardian is required

Parent Signature

Date