

PilatesByPamela

Waiver and Release

Participation in any physical exercise, including Pilates, can be strenuous. If the undersigned participant has any issues that might compromise his/her ability to exercise, PilatesByPamela, urges him/her to consult with a physician prior to participating in a program held by PilatesByPamela,

I agree that in participating in sessions by PilatesByPamela, I hereby fully remise, release, acquit, and forever discharge all rights, claims, demands, damages, actions, and causes of action, of any nature whatsoever, whether arising at law or equity, which I may have had, may now have, against PilatesByPamela by reason of my participation therein.

As a part of my participation in such sessions, I agree to provide PilatesByPamela with a complete health history and update such history as needed. Furthermore, I acknowledge and understand the guidelines provided to me regarding such sessions and any applicable limitations placed on me in my participation therein.

I acknowledge that I have carefully read this instrument and fully understand that it is a release of liability. To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid then the remainder of this release from liability shall remain in full force and effect, and the offending provision or provisions severed here from.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Date: _____ Signature: _____

Print Name: _____

I am the legal guardian of _____ a minor, and being authorized so to do, I hereby agree to the terms and conditions of this release in relation to such minor.

Date: _____ Signature: _____

Print Name: _____