



Waiver of Liability and Informed Consent Release

This Release, Waiver and Hold Harmless Agreement is made by and between the undersigned (Client) and Esprit de Core Pilates Studio, and entered into on the date noted below.

1. Esprit de Core Pilates Studio provides space for and instruction of Pilates. The parties to this agreement recognize that participation in Pilates could lead to physical injury to the client.
2. Client desires to participate in Esprit de Core Pilates Studio's Pilates and movement program with the full knowledge of the possibility that physical injuries could result from it and desires to assume the risk of any such injury.
3. The parties recognize that Esprit de Core Pilates Studio will not be able to and will not provide its movement program to Client without the execution of this agreement and our detailed Client Profile.

Therefore, Client, in consideration of the above and of the exercise classes to be provided, hereby waives all claims for damage or loss to person or property that may be caused by any act, or failure to act, of Esprit de Core instructors, staff, landlord and their officers, agents or employees. Client assumes the risk of all such 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 Esprit de Core Pilates Studio's exercise and movement programs.

In consideration of my participation in Esprit de Core Pilates Studio's exercise program, I, _____, for myself, my heirs and assigns, hereby release Esprit de Core Pilates Studio, its general manager, owner, and instructors from any claims, demands, and causes of action arising from my participation in the exercise program. I hereby affirm that I have read and fully understand the above, am over eighteen (18) years of age or am a legally emancipated minor.

Today's Date

Client Signature

Client Name *(please print)*

For Minors Only

The undersigned is a parent or legal guardian of _____ *(client herein)*, and on his/her behalf, hereby agrees to all the conditions set forth above.

Today's Date

Parent/Guardian Signature

Parent/Guardian Name *(please print)*