

Absolute Pilates

Waiver of Liability and Informed Consent Release

This release, Waiver and Hold Harmless Agreement is made by and between the undersigned (client) and Lori L Watson (DBA and herein: Absolute Pilates), and entered into on the day, month and year noted below.

1. Absolute Pilates provides space for and instruction in The Methods of Pilates, Yoga, Gyrotonic® and other exercise disciplines. The parties to this agreement recognize that while these activities may not be strenuous, participation in the activity could lead to physical injury to the client.
2. Client desires to undertake Absolute Pilates' 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 Absolute Pilates will not be able to and will not provide its program to client without the execution of this agreement and our detailed client profile.

Therefore, 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 Absolute Pilates instructors, staff, landlord, and their officers, agents, or employees. Client assumes the 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 Absolute Pilates' exercise programs.

In consideration of my participation in Absolute Pilates' exercise program, I _____ for myself, my heirs, hereby release Absolute Pilates, its employees and owners, 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 18 years of age or am a legally emancipated minor.

Today's date _____

Client Signature _____

Address _____

Phone _____

email _____

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 _____