Pilates Studio Waiver and Release of Liability

Release of Liability, Waiver of Claims and Assumption of Risk

Please read this document carefully before signing. It affects your legal rights.

In consideration of being allowed to take part in Pilates mat and apparatus classes and private sessions, including the use of reformers, towers, chairs, barrels and other studio equipment provided by [Your Business Name] (the "Company"), including its owners, employees, contractors, volunteers and agents, I, the undersigned client, agree to the following.

1. Assumption of risk

I understand that this activity involves inherent risks that cannot be eliminated, even when reasonable care is taken. These risks include, but are not limited to:

- Injuries from springs, straps or a moving carriage
- Pinched fingers and toes on apparatus
- Falls while getting on or off the reformer
- Muscle and joint strains
- Lower back and neck strain from core work
- Aggravation of prior injuries or recent surgeries
- Equipment failure such as a worn spring or strap

I understand that these risks can lead to property damage, serious injury, illness, permanent disability or death. I knowingly and voluntarily accept all of these risks, both known and unknown.

2. My responsibilities

I agree to follow all instructions given by the Company, including these rules:

- Wait for the instructor to set springs and straps before you begin
- Keep hands and feet clear of the carriage track and springs
- Mount and dismount the apparatus only when the carriage is still
- Wear grip socks on the apparatus if the studio requires them
- Tell the instructor about any pregnancy, injury or recent surgery before class

I confirm that I am physically and mentally able to take part, and I will stop and tell staff right away if I feel unwell or unsafe.

3. Equipment

I will inspect any equipment before use and tell staff immediately about any defect. I accept responsibility for the equipment while it is in my care and agree to pay for loss of, or damage to, equipment beyond normal wear and tear.

4. Release and waiver

To the fullest extent permitted by law, I release, waive and discharge the Company from any and all claims, demands and liability for injury, illness, death, or loss of or damage to property arising from my participation, including claims arising from the ordinary negligence of the Company.

5. Indemnification

I agree to indemnify and hold harmless the Company from any loss, liability, damage or cost, including reasonable legal fees, that it may incur because of my participation or my actions.

6. Minors

If I am signing on behalf of a minor, I confirm that I am the minor's parent or legal guardian, and I agree to all terms of

this document on the minor's behalf and on my own behalf.

7. General

This document is intended to be as broad and inclusive as permitted by the law of the place where the activity takes place. If any part is found invalid, the rest remains in full force. I have read this document, I understand it, and I sign it voluntarily.

_____

Participant full name

_____

Date of birth

_____

Parent/guardian name (if participant is a minor)

_____

Signature

_____

Date

Template provided by WaiverTap as a starting point only. It is not legal advice. Have a lawyer licensed where you operate review it before use. Collect and store signatures digitally at waivertap.com.