



LLC

Release of Liability and Studio Policies

I am aware that strength, flexibility, and aerobic exercise, including the use of equipment, are a potentially hazardous activity. I understand that the practice of any type of exercise involves a risk of injury and even death, and that I am voluntarily participating in these activities. I also understand that I must judge my own capabilities with respect to practicing any exercise at Body Be Well, LLC. By my participating in classes, women's gym, or activities at Body Be Well, LLC, I agree to take full responsibility for not exceeding my limits in the practice of movement, for selecting the appropriate level of classes taught, and for any injury I might suffer. I acknowledge that it is my responsibility to inform the instructor immediately if an injury occurs during class. I understand that, from time to time during classes at Body Be Well, LLC, instructors may physically adjust students' form. If I do not want such physical adjustments, I will so inform that instructor at each class I attend. I also acknowledge that if I do not wish to receive physical adjustments, it is my responsibility to inform the instructor when an adjustment has gone as far as I desire at the time. I hereby waive and release any claim that I might have at any time for injury of any sort against Body Be Well, LLC or any other person or entity in any way involved therewith, including without limitations its principles, instructors, employees, agents and representatives. I am giving up legal rights and/or remedies, which may be available to me for the ordinary negligence of Body Be Well, LLC or any of the parties listed above.

I am also agreeing to the following studio policies at Body Be Well:

- Cancellations must be made 24 hours prior to appointment or the session will be charged
- The hour begins at the appointment time, not at time of arrival.
- Please arrive fragrance and perfume free
- Socks are required on all equipment (ToeSox highly recommended)
- Sessions are non-transferable or refundable
- Studio reserves the right to assign substitute teachers
- Sign in is required at time of session
- Please notify us of any changes in your health/medical condition
- Private and semi-private series are not interchangeable
- If your semi-private partner late cancels you will not be charged for a private, if the cancel timely we will do our best to find a new partner but cannot guarantee it, you may pay the difference toward a private session if you choose, or cancel with no penalty
- Class cards expire within 6 months of original purchase

I have carefully read, fully understand, and agree to the above.

Date _____

How did you hear about Body Be Well? _____

Name (please print) _____

Address _____

Email _____ Phone _____

Signature _____

If under 18 years of age:

As legal guardian of _____

I consent to the above conditions _____

(Signature)