

## EXERCISE WAIVER AND RELEASE FORM

I \_\_\_\_\_, have enrolled in the fitness programs offered by Light On Yoga Fitness. I recognize the programs may involve strenuous physical activity including, but not limited to muscle strength and endurance training, cardiovascular conditioning and training, and other various physical activities. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition that would prevent or otherwise limit my full participation in this physical program.

In addition, I am fully aware of the risk involved in participating in this fitness program including but not limited to physical injury or even death. I hereby elect to voluntarily participate in this program knowing the physical activity may be hazardous to me. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISK OR LOSS, INCLUDING BOTH PROPERTY DAMAGE, AND PERSONAL INJURY, AS A RESULT OF PARTICIPATING IN THIS PROGRAM.

I hereby waive, release, discharge and covenant not to sue Light On Yoga Fitness or Owners, As well as any agents, consultants, or volunteers from any and all liabilities. I agree that Light On Yoga Fitness and assigns shall not be liable or responsible for any injuries to me which may occur as a result of (a) my use of all amenities and equipment provided by Light On Yoga Fitness, my participation in any activity, class, program, or instruction, (b) the sudden unforeseen malfunctioning of any equipment, Light On Yoga Fitness instruction, training, and supervision. For the participation in the Aerial Class I hereby state that I am under the weight of 250 lbs and in well enough physical shape to complete 10 crunches and 10 push-ups.

It is my expressed intent that this waiver and release shall I bind any and all my family members including but not limited to spouse, heirs and extended family. It is also my expressed intent that this waiver and release shall also be deemed a full waiver, release, discharge and covenant not to sue insofar as my aforementioned family members and personal representatives are concerned. I hereby further agree, waiver and release shall be constructed in accordance with the laws of the state of Alabama. This Waiver also gives Light On Yoga Fitness LLC permission to publish in print, electronic, social media, or video format the likeness or image of myself for the general promotion of its programs.

In signing this waiver and release, I acknowledge and represent that I have read and understand the foregoing written agreements that have been made, and I hereby execute this waiver and release for valuable consideration, intending to be bound by the same.

PRINT NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

EMERGENCY CONTACT NAME: \_\_\_\_\_

PHONE# \_\_\_\_\_