

Release and Waiver – Meredith Glisson Movement

DO NOT SIGN THIS AGREEMENT BEFORE YOU READ IT.

The instructor recommends that you seek the advice of your physician before commencing any exercise routine. The client assumes any and all risks of injury accosted with or in any manner related to their own use of or presence upon the studio premises and/or online classes. The client assumes any and all risks of injury associated with or in any manner related to their own use of any exercise equipment (including but not limited to, free weights, foam rollers) or set props (including but not limited to, chairs, tables) located within the studio facilities.

This waiver applies regardless of whether you are using exercise equipment at the time or the injury or whether your injury occurs as a result of your presence upon the premises regardless of purpose or activity at the time of the injury-causing incident.

Client agrees and covenants not to sue or otherwise attempt to hold the studio owner or instructor liable for any injuries regardless of the cause. Client agrees to indemnify and hold the instructor against any and all claims arising out of the client's presence upon the studio premises, including the use of the premises by any family member or guest of the client regardless of cause, or participation in studio/online classes.

This waiver and release agreement is intended to be as broad as is allowed under the applicable law and applies to any and claims for damages, regardless of whether they are allegedly caused by the negligence of the studio/business of its instructors. This waiver and release agreement applies to all injuries including, but not limited to, slipping in the facility, injuries caused by malfunctioning equipment or set props, participation in studio or online classes.

Print Name: _____ Date: _____

Signature: _____