

Liability Waiver

1. Acknowledgement of Risk

The Client acknowledges that participating in fitness classes, including Pilates training and the use of Pilates apparatus (such as reformers, chairs, springboards, etc.), involves inherent risks of physical injury or other harm. The Client confirms that they voluntarily choose to participate in the Studio's classes and use the facilities with full knowledge of these risks. It is the Client's responsibility to determine their own fitness and ability to participate. The Client is strongly urged to consult a physician before beginning any new exercise program, particularly if they have medical concerns.

2. Health Warranty

By attending the Studio's classes, the Client represents and warrants that they are in good physical condition and have no condition, illness, or injury that would pose a risk of harm from engaging in Pilates exercises. The Client agrees to inform the instructor of any pain, dizziness, or discomfort experienced during or after a session, and to immediately cease exercise if such symptoms occur. If the Client has specific injuries or limitations, they will notify the Studio staff prior to the session so that appropriate modifications or precautions can be made.

3. Release of Liability

To the fullest extent permitted by law, the Client assumes full responsibility for any and all injuries or damages (to themselves or their property) that may occur in connection with attendance at the Studio or participation in Studio classes. The Client, on behalf of themselves and their heirs/estate, hereby waives and releases any claims or causes of action against the Studio, its owner(s), instructors, employees, or agents for any loss, injury, or damage of any nature (including but not limited to personal injury or property damage) arising from or related to participation in Studio activities. This release of liability does not apply in cases of intentional misconduct or gross negligence by the Studio.

4. Insurance

The Client is solely responsible for obtaining and maintaining their own health and accident insurance. The Studio does not carry personal injury insurance for clients. By participating, the Client confirms that they either have adequate personal insurance coverage for any injuries that may occur, or they accept full financial responsibility for any medical costs arising from such injuries. The Studio will not be liable for any medical or related expenses.

5. Indemnification

The Client agrees to indemnify and hold harmless the Studio and its staff from any claims, liabilities, damages, or expenses (including legal fees) that result from the Client's breach of the Studio's terms or from any third-party claims arising from the Client's conduct while on Studio premises.

6. Acknowledgement

By electronically accepting or signing this Liability Waiver (such as during online registration or in-person sign-up), the Client confirms that they have read this waiver in its entirety and fully understand its terms. The Client acknowledges that they are waiving substantial legal rights, including the right to sue, and that they accept this release freely and voluntarily without inducement. This waiver is a continuing agreement and remains effective for all current and future visits and classes at the Studio.