

## BODY DYNAMICS PILATES STUDIO (BODY DYNAMICS)

1099 Mendon Road, Cumberland RI 02864

### CLIENT/STUDENT LIABILITY WAIVER

\* I understand that Pilates is a system of exercise designed to increase strength and mobility. I knowingly and voluntarily have chosen to participate in Pilates classes offered at the studio, virtually and on videos by Body Dynamics and it's instructors. Body Dynamics accepts no liability resulting from this exercise program.

\* I understand that the services offered today and in the future are not a substitute for medical care. Any information provided by Body Dynamics is for educational purposes only and is not prescriptive in nature.

\* I have stated all my known medical conditions fully and accurately on Body Dynamics intake form. I state that I am healthy and have chosen to participate in classes. I have consulted a medical doctor or licensed medical health care provider about the conditions described on my intake form. I agree to take responsibility to modify exercises if need be. I agree and understand that it is my responsibility to let Body Dynamics or its instructor know if I find myself in any pain or discomfort before, after, or during a Pilates class or service. Further, I realize that it is solely my responsibility to update Body Dynamics of any changes in my physical health. I also agree that if I have a fever, cough, or any other signs of illness, I will stay home.

\* If I do require medical treatment or attention while or after participating in Body Dynamics services, I agree that the medical costs are mine and mine alone and hold Body Dynamics blameless from any charges, fees, or costs that my conditions may incur.

\* I agree to adhere to all studio policies regarding safety and cleanliness. I take responsibility for my actions within the studio. I understand that Body Dynamics is not responsible for my actions or that of other students. I also agree to adhere to the studio's policies regarding attendance and cancellations.

\* By signing this waiver, I hereby waive and release Body Dynamics Pilates Studio and its owner, instructors, trainers, and facilities from any and all liability present, past, and future relating to material, tangible, or intangible loss or damages that may happen during my participation in any fitness service at Body Dynamics Pilates Studio.

NAME (PRINT) AND DATE: \_\_\_\_\_

