



## WAIVER OF LIABILITY AND INFORMED CONSENT RELEASE

You (the client) agree that if you engage in any physical exercise, class, or activity - in the studio or via a virtual (online) class, you do so at your own risk. You agree that you are voluntarily participating in activities and assume all risk of injury or illness.

You agree to release and discharge LifeBalance, LLC. from any and all claims or causes of action (known or unknown) arising out of my negligence. You acknowledge that you have carefully read this Waiver and Release and fully understand that it is a release of liability. You are waiving any right that you may have to bring a legal action to assert claim against LifeBalance. You (the client) also understand that a medical evaluation is advisable before commencing any program of physical condition or exercise. You have or will continue to keep LifeBalance Studio fully informed of any physical condition or disability, which would prevent or limit your participation in an exercise or physical condition program.

You acknowledge that, although the conditioning program you participate in may have substantial physical benefits, neither LifeBalance nor its employees are engaged in diagnosing or treating medical disease or deficiencies.

By entering this facility, you are aware that you agree to fully accept all known and unknown risks, including the potential risk of exposure to respiratory illnesses such as the coronavirus (COVID-19). Although we regularly sanitize our equipment, you understand that you may be exposed to the coronavirus or its symptoms through no fault of our own. You understand and agree that you will hold us harmless and you will not hold us liable for any real or perceived Symptoms of COVID-19 or any other illness.

### **RULES AND REGULATION FOR PRIVATE PILATES SESSIONS AND CLASSES**

The package expiration policy requests completion of an average of one session per week from the date of purchase. You may reschedule a session one day (24) hours before the scheduled session without penalty. Within that time, you must pay for that session, unless arrangements have been made with the instructor. In the interest of safety, please refrain from attending classes if you expect to be more than 10 minutes late, as you will have missed the warm up and preparation of the nervous system. Classes may be cancelled for low attendance. Unless arrangements have been made with the instructor, a client arriving late for a private session, will only receive the remaining scheduled time for their session. No refunds.

### **SHARED SESSIONS (DUETS AND TRIOS)**

Clients who are sharing an appointment are responsible for communicating with their partner regarding the following: 1) deciding on and booking a standing appointment, 2) giving the instructor and the other client 24 hours notice if a session must be canceled or rescheduled, and 3) if one person cancels, the other client may keep the appointment, but the person who cancels is responsible to pay for their half of the shared session.

### **CANCELLATION POLICY**

YOU UNDERSTAND THAT IF YOU MUST CANCEL A SCHEDULED APPOINTMENT OR CLASS, YOU MUST NOTIFY LIFEBALANCE AT LEAST 24 HOURS IN ADVANCE OR YOU WILL BE HELD RESPONSIBLE FOR PAYMENT IN FULL.

Client Signature: \_\_\_\_\_

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

