
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 me for my negligence. You (the client) also understand that a medical evaluation is advisable before commencing any program of physical condition or exercise. I have or will continue to keep LifeBalance Studio fully informed of any physical condition or disability, which would prevent or limit my participation in an exercise or physical condition program.

I acknowledge that, although the conditioning program I 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). The coronavirus is primarily transmitted via exhaled respiratory droplets, most often through coughing and sneezing. These droplets can travel up to six feet and are more commonly transmitted between persons rather than from equipment to persons.

Although we regularly sanitize our equipment and presently are using enhanced cleaning methods and enforcing social distancing in our facility, you understand that you may be exposed to the coronavirus or its symptoms through no fault of our own. Known coronavirus symptoms include fever, coughing, shortness of breath, pneumonia, kidney failure, and may include other symptoms, stroke or even death (collectively "Symptoms"). 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 disease, illness, or condition, nor for exacerbating any existing symptoms, and you fully agree to accept all risks of entering the facility, using the equipment, working with personal trainers, attending classes, and/or interacting or being exposed to other members.

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.

CANCELLATION POLICY:

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

By typing my name below, I understand and agree that this form of electronic signature has the same legal force and effect as a manual signature.

Printed Name: _____

Date: _____