



Waiver and Release Form

I understand that it is my responsibility to inform my instructor of my medical history and physical limitations or conditions. In addition, I acknowledge and agree that no warranties or representations have been made to me regarding results. Results are individual and may vary. I further acknowledge and understand that Zen Rock Pilates and Spin LLC or its employees carries no warranty of any kind, expressed or implied, including without limitation, any warranty regarding safety or suitability for a particular purpose.

Because physical exercise can be strenuous and subject to risk of injury, Zen Rock urges you to obtain a physical examination from a doctor before participating in any exercise. You agree that if you engage in any physical exercise on or off the premises, you do so entirely at your own risk. Any recommendation for changes in diet including but not limited to the use of food supplements or weight reducing products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and premises and assume all risks of injury, illness, or death. We are also not responsible for any loss of your personal property.

This Waiver and Release of liability includes, without limitations, all injuries which may occur, regardless of negligence, as a result of; (a) your use of all amenities and equipment in the facility and your participation in any activity, class, program, personal training or instruction (b) the sudden unforeseen malfunctioning of any equipment (c) our instruction, training, supervision, or dietary recommendations and (d) your slipping and /or falling while in the studio, or on the studio premises, including adjacent sidewalks and parking premises and any outside off premises event.

You acknowledge that you have carefully read this Waiver and Release and fully understand that it is a release of liability. You expressly agree to release and discharge Zen Rock Pilates and Spin LLC and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims or causes of legal action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the studio for negligence, personal injury or property damage or any other injury or loss of any kind.

Note: Should any part of this agreement be found by a court of law to be against public policy or in violation of any state statute or case precedence, then the remainder of this document will remain in full force.

Signed: _____

Printed Name: _____

Email: _____

Cell Phone #: _____

Date: _____

How did you hear about us? _____