

Flax Core Pilates, LLC
Agreement of Release and Waiver of Liability Form

I am participating in a Pilates mat class offered by Lisa Flax . I recognize that any physical activity, including Pilates, may be strenuous and may cause injury and I am fully aware of the risks and hazards involved in such activity.

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Pilates class. I represent and warrant that I am physically fit and I have no medical condition which would prevent my full participation in a Pilates class. I will keep Flax Core Pilates LLC and Lisa Flax informed of any physical condition or disability that would prevent or limit my participation in this physical conditioning program.

I acknowledge that although the conditioning program I participate in may have substantial physical benefits, neither Flax Core Pilates LLC or Lisa Flax are engaged in diagnosing or treating medical diseases or deficiencies.

I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the class.

I knowingly, voluntarily and expressly waive any claim I may have against Flax Core Pilates LLC and its instructor, Lisa Flax, for any injury or damages that I may sustain as a result of participating in the class.

I have read the above release and waiver of liability and fully understand its content. I voluntarily agree to the terms and conditions stated above.

Signed: _____

Date: _____