

WAIVER OF LIABILITY AND INFORMED CONSENT RELEASE

I have enrolled in a program of instruction in the Pilates Method of Body Conditioning offered by . I have been informed and acknowledge that makes no claims as to medical results which can or may be obtained through participation in this program of instruction or use of Pilates or FRANCINE FINUCAN D.C. facilities and/or equipment. FRANCINE FINUCAN D.C. has neither suggested nor will suggest any medical treatment to participants. Only licensed professionals are qualified to give medical advice. Participants are instructed not to act on the advice given by any unlicensed employee, agent or contractor of FRANCINE FINUCAN D.C. until and unless such advice has been verified with a licensed professional or their own physician. Each participant represents that there is no medical or physical condition which would prevent them from participation in this program of instruction or from using FRANCINE FINUCAN D.C. facilities or Pilates equipment. Each participant further represents that she/he has not been instructed by any physician not to do so, and will continue to keep FRANCINE FINUCAN D.C. fully informed of any physical or medical condition or disability which would prevent or limit the participant's participation in this program of instruction or use of equipment. Each participant has been advised and realizes that participation in the Pilates Method of exercise and conditioning activities, and the programs offered by FRANCINE FINUCAN D.C. presents some unavoidable risk of injury, especially to people who have preexisting injuries, illness or medical disabilities. Each participant has been advised and understands that a medical evaluation is advisable before commencing any program of physical conditioning or exercise. The participant understands that the use of exercise equipment also carries with it a risk of injury. The participant recognizes that many changes may occur as a result of these exercise lessons, including possible short-term aggravation of some symptoms, feelings of tiredness, lightheadedness, increased energy, mood changes, etc. and that any strenuous athletic or physical activity involves certain risks of injury. Participant assumes the risk of any and all accidents or injuries of any kind which participant may sustain by reason of or in connection with the use of FRANCINE FINUCAN D.C. facility or Pilates equipment. Participant releases, discharges, and absolves FRANCINE FINUCAN D.C., its independent contractors, apprentices, and student teachers, from any and all claims, demands, rights of action, or causes of action, present or future, whether known or unknown resulting from participant's participation in this program of instruction or use of FRANCINE FINUCAN D.C. facilities or equipment. Participant expressly assumes all risks of injuries resulting from participant's participation in this program of instruction and use of FRANCINE FINUCAN D.C. facilities or equipment. Participant has been advised and realizes that Pilates mat and apparatus classes require prior evaluation of their fitness level and participant is responsible for attending the appropriate level class. Make-up sessions for mat classes missed are not customary. However, you may inquire about space availability in another mat class to make-up a class during the period that you are enrolled in your mat session. I understand that by enrolling in Pilates Classes at FRANCINE FINUCAN D.C. that it is for personal use only and agree not to teach Pilates Exercises in any form. I am aware that only certified teachers are authorized to teach the Pilates Method of Body Conditioning. FRANCINE FINUCAN D.C. shall not be responsible or liable for any article lost, stolen or damaged, in or about the studio.

I agree to the conditions stated above.

Print Name _____
Signature _____
Date _____