

WELLNESS ON THE GREEN LLC

Pole & Aerial Classes Waiver

Release and Waiver of Liability

In consideration of my being allowed to participate in the programs of Wellness on the Green LLC and its instructors, including and not limited to Kim Henry, Megan Decker, Hannah Olsen, Amanda Zeiher, Sara Riley, Jasmine Beg, Chloe Sibona & Jessica Reichert, and to use its equipment, I agree to the following waiver and release:

1.) I, for myself, my heirs, executors or anyone else who may claim on my behalf, hereby waive, release and forever discharge, Wellness on the Green LLC and its instructors, employees, representatives, executors, and all others from any and all responsibilities or liability from personal injury, death, damage to property or loss of any kind resulting from participation in any programs or my use of equipment in the above-mentioned activities.

2.) I do also hereby release, Wellness on the Green LLC and its instructors, officers, agents, employees, representatives, executors, and all others from any responsibility or liability for any injury or damage to myself, including those caused by negligence.

3.) I understand that strength, flexibility and aerobic exercise, including the use of equipment offered by Wellness on the Green LLC and its instructors, is a potentially hazardous activity with certain risks and benefits. Some of which are included but are in no way limited to: soft tissue injuries such as wounds, bruises, muscle strain, muscle soreness, sprains, acute strains, broken bones, head injuries, back/neck injuries, knee/foot injuries, heart attacks, death, improved cardiovascular fitness and flexibility, increased strength and muscle tone.

4.) I also understand that while some of the risks and hazards involved in using the equipment of Wellness on the Green LLC and its instructors are foreseeable, others are not. I understand that fitness activities involve a risk of injury and even death and that I am voluntarily participating in these activities and using equipment with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death.

5.) I acknowledge that I have either had a physical examination and been given my physician's permission to participate, or that I have decided to participate in activity and use equipment without the approval of my physician and do hereby assume all responsibility for my participation and activities and utilization of equipment and machinery in my activities.

6.) I understand Wellness on the Green LLC, its owners/employees/contractors/instructors are not medical personnel, may make no medical judgements, give no medical advice and provide no medical care or therapy.

7.) I understand that I may be photographed or video taped during the class and that any photos or videos may be used for promotional purposes only. I hereby waive all rights to privacy or compensation I may receive in connection with the use of my name, picture, portrait, likeness, voice or video.

I have read, understand, and have had the opportunity to ask questions of this legal document and I hereby unconditionally release Wellness on the Green LLC, its entities, employees and instructors from any and all liability resulting from any injuries which may result from classes, instruction, parties, events and equipment.

Name: _____

Email Address: _____

Date: _____

Signature: _____