



WAIVER & RELEASE FORM

Suite 3, 872 South Western Hwy BYFORD WA 6122

mind, body, spirit

PLEASE READ THE FOLLOWING TERMS CAREFULLY:

By participating in any class provided by Atomic Pilates Hub (ABN 18492255752); (the instructor) you consent to and agree to release the Instructor from liability according to, these terms. Unless the Instructor notifies you otherwise, this waiver and release will apply to all classes undertaken by you with the Instructor.

You acknowledge the following:

you are over 12 years of age (Mat / BOXILATES)

you are over 14 years of age (Reformer)

you understand that the classes are a form of physical activity and that there are inherent risks in undertaking any form of physical exercise;

you have disclosed, or will disclose to the Instructor prior to the class commencing, any pre-existing conditions that may place you at a higher risk of injury or inhibit your ability to participate in a class, this includes but is not limited to:

injuries, pain and recent surgery;

pregnancy or if you have recently given birth; or

respiratory or heart conditions or high blood pressure

you will notify the Instructor if you experience any pain throughout the class and will immediately stop participating in the class if requested by the Instructor to do so;

based on the information you provide, the Instructor may decide not to allow you to participate in a class, or may require you to provide a medical certificate affirming that you are able to participate in a class before allowing you to join, in the Instructor's sole discretion;

recommendations or instructions provided by the Instructor may not be tailored for your particular skill or ability level and it is your responsibility to assess whether you are able or want to participate in all or part of class;



you are solely responsible for ensuring that your physical environment is suitable for your participation in any class; and

classes may be recorded by the Instructor for quality control, as well as promotional purposes. If you do not consent to the Instructor using video or still images taking during class for promotional purposes, please notify the Instructor in writing.

To the extent permitted at law, you release and hold the Instructor (and where applicable its, directors, employees and representatives) harmless from any liability, cost, expense, damages or claims (including claims of negligence) riding from or which may be suffered or incurred in connection with your participation in any classes provided by the Instructor.

DATE: _____

NAME: _____

SIGNATURE: _____