

Chesapeake PILATES Center

Waiver of Liability & Informed Consent

This release, waiver and Hold Harmless Agreement is made by and between the undersigned and **Chesapeake Pilates Center**/Stefanie O'Rourke, and entered into the day, month and year noted below.

1. **Chesapeake Pilates Center** provides instruction in The Method Pilates. The parties to this agreement recognize that while The Method Pilates, ect., is not strenuous, participation in the activity could lead to physical injury to the client.
2. Client desires to undertake **Chesapeake Pilates Center's** program with full knowledge of the possibility that physical injuries could result from it and desires to assume the risk of any such injury.

Therefore, client, in consideration of the above and of the above training to be provided, hereby waives all claims for damage or loss to person or property which may be caused by any act, or failure to act of **Chesapeake Pilates Center's** instructors, staff, landlord and their officer, agents, or employees. Client assumes risk all dangerous conditions in and around the premises and waives any and all injuries that might result from participating in **Chesapeake Pilates Center's** exercise programs.

In consideration of my participation in **Chesapeake Pilates Center's** program I, _____
_____ for myself, my heirs, and assigns, hereby release **Chesapeake Pilates Center**, it's employees and owners, from any claims, demands and causes of action arising from my participation in the exercise program. I hereby affirm that I have read and fully understand the above, am over 18 years of age or I am a legally emancipated minor.

Client Signature

Today's Date

Client name (please print)