



Westside Pilates, LLC instructors are certified in the Pilates method of body conditioning, board certified personal training plus group fitness or a Yoga Alliance. WE will work to create a Safe and progressive mind body exercise program for your body's needs and personal goals!

The Pilates/mind body movement/programs of exercise may or may not be beneficial to you. It is advised that you first consult with your physician about any injuries or existing medical conditions, past or present, before partaking in a Pilates, Yoga, or movement class. In addition, we would be happy to speak with your physician or call for a release form on your behalf.

Please Read Carefully! This is a release and waiver of certain legal rights!

Participant understand that pilates,yoga and other fitness programs (hereinafter referred to as "Pilates, Yoga, Body Movement") are strenuous, and that injuries may occur when participating in such activities. Participant accepts and assumes the risks associated with Pilates, Yoga or Body Movement, including, but not limited to, equipment malfunction or failure, overexertion, inability to perform suggested exercise or maneuvers, physical or mental conditions that impede the ability to properly perform suggested exercises or maneuvers, failure to properly operate equipment, and failure to follow instructions. Participant herby freely and expressly assumes and all risk of property damage, injury, and death associated with Pilates, Yoga or Body Movement.

Participant understands that it is his/her responsibility to consult with a physician prior to and regarding participation in Pilates, Yoga or Body Movement. Participant represents and warrants that he/she has no physical or mental condition that would prevent full participation in Pilates, Yoga or Body Movement Classes. Participant agrees to inform his/her instructor immediately of any physical or mental condition that would prevent his/her full participation in Pilates, Yoga or Body Movement sessions or classes.

In consideration for participation in Pilates, Yoga or Body Movement receiving instruction in a group, private or semi-private lessons, and using the equipment and facilities, Participants hereby agrees to release, hold harmless, and indemnify Westside Pilates LLC and it's owners, partners, employees, independent contractors, directors, officers, agents, and affiliates from any and all claims by or on behalf of Participants against Westside Pilates, LLC arising directly or indirectly out of the Participant's participation in Pilates, use of any Westside Pilates, LLC equipment or facilities , and participation in any class, program or workshop offered by Westside Pilates, LLC. This release includes claims and liabilities arising from any cause whatsoever, including, but not limited to, negligence on the part of Westside Pilates, LLC. This release is binding upon Participant, and Participant's heirs, assigns, and legal representative.

If signing on behalf of a minor Participant, Parent/Guardian accepts full responsibility for any medical expenses incurred due to the minor's participation in Pilates and agrees to release, hold harmless, and indemnify (including costs and attorney fees) Westside Pilates, LLC for any claims brought by or behalf of the minor.

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

Participant Signature: _____ Date: _____

Print Participant Name: _____

Participant Address: _____

Sign here only if participant is under 18:

Date: _____ Signature of Parents/Guardian of Participant _____

Print Participant Name: _____

Participant Address: _____

