

**SPRINGBOM PILATES**  
**RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISK**  
**AND INDEMNITY AGREEMENT**

This Release of Liability is executed on the date below by the undersigned participant in favor of Springbom, Co, including its owners, instructors, employees, contractors, and agents (collectively, the "Studio").

**1. ASSUMPTION OF RISK**

I understand that participation in Pilates and fitness activities, including group classes, private sessions, and use of equipment (e.g., reformers, jumpboards), carries inherent risks such as injury, muscle strain, or other physical conditions. I voluntarily assume all risks, whether foreseen or unforeseen, including those arising from the Studio's negligence.

**2. RELEASE AND WAIVER**

In consideration of being allowed to participate in any activity at the Studio, I release, waive, discharge, and covenant not to sue the Studio for any injury, death, loss, or damage to person or property.

**3. MEDICAL RESPONSIBILITY**

I confirm that I am physically capable of participating. I have either received medical clearance or have chosen to participate at my own risk. I will inform the instructor of any relevant injuries or conditions before class.

**4. COVID-19 & COMMUNICABLE DISEASES**

I acknowledge the risk of exposure to contagious illnesses, including COVID-19, and agree to comply with all health and safety protocols established by Springbom Pilates and local authorities.

**5. MEDIA RELEASE (PHOTO & VIDEO CONSENT)**

I grant Springbom Pilates permission to take and use photos or video of me in class or on the premises for promotional purposes (e.g., social media, website). I waive the right to review or approve any such materials. All content will be used professionally and respectfully.

**6. INDEMNITY**

I agree to indemnify and hold harmless the Studio from any loss, liability, damage, or cost arising from my participation.

**7. NO GUARANTEES OF RESULTS**

I understand that participation in classes or sessions does not guarantee specific physical outcomes or health benefits. Progress may vary depending on individual effort, condition, and consistency.

**8. LATE ARRIVAL & CANCELLATION POLICY**

I acknowledge that arriving late may limit my ability to participate in class. I agree to abide by the Studio's cancellation and no-show policy as posted or communicated.

**9. PERSONAL BELONGINGS**

I understand that the Studio is not responsible for lost, stolen, or damaged personal belongings brought onto the premises.

**10. TERMINATION OF PARTICIPATION**

The Studio reserves the right to refuse or terminate participation at any time for any behavior deemed unsafe, inappropriate, or disruptive.

**EMERGENCY CONTACT**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

**PARENT/GUARDIAN (If under 18)**

Full Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**HOW DID YOU HEAR ABOUT US?**

☐ Instagram

☐ Google Search

☐ Yelp

☐ Referred by a Friend

☐ Walk-in / Saw Studio

☐ Mindbody

☐ ClassPass

☐ Other: \_\_\_\_\_

**PARTICIPANT INFORMATION**

Full Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**SPRINGBOM PILATES REPRESENTATIVE (Optional)**

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_