

## ACKNOWLEDGEMENT OF RISK AND WAIVER OF LIABILITY

I understand that I, \_\_\_\_\_, will be participating in a fitness program with Sarajane Leary that will require physical exertion. Before beginning this program, I was asked by my instructor whether I have any physical limitations, am taking any medications, or receiving any medical treatments that might make it unsafe for me to participate in this fitness program. There is no such limitation, medication, or treatment other than what I have written on the attached sheet. I understand that, by signing this statement, I am agreeing to not hold Sarajane Leary or her agents, assigns, or insurers responsible for any bodily injury or property damage that may be suffered as a direct or indirect result of my participation in this fitness program.

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Participant's Signature

Date

## AGREEMENT OF POLICIES

- \* Private, Duet, and Trio Sessions have limited capacity due to the use of apparatus and therefore require preregistration & a 24 hour notice of cancellation.
- \* Please arrive on time for appointments. Arrive early to change or make payments if needed so as to not disrupt or hold up the start of your class/session.
- \* Please report any health issues or minor injuries to the instructor before your session begins.
- \* Please wear appropriate clothing for movement and to allow for the instructor to see your alignment. Avoid wearing clothing with zippers, belts, or bangles. Remove excess jewelry.
- \* Appointments must be paid in advance. For your convenience, Cash, Checks, and Credit/Debit Cards are accepted.
- \* The full appointment fee will be charged if you miss an appointment or do not cancel at least 24 hours in advance. Exceptions can only be made in emergency situations.
- \* Mat Classes do not require preregistration. If, however, there are 2 or less participants in the class then the class may be cancelled or a discounted private/semi-private session will be offered in place of the Mat Class to those in attendance.
- \* Tower Trios Sessions may be cancelled or a discounted private session will be offered in place of the trio should only 1 client be registered.

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Signature

Date