

Liability Waiver



Bodies in Balance Conditioning Studio
PO Box 30003, Seattle, WA 98113
206-783-5919

206.783.5919
By appointment
PO Box 30003
Seattle, WA 98113

I have enrolled in a Pilates-based physical conditioning class/program at Bodies in Balance Conditioning Studio. I understand that participating in a Pilates-based exercise and conditioning program presents some unavoidable risk of injury especially to persons who have pre-existing injuries, illness or medical disabilities. I also understand that the use of exercise equipment holds risk of injury.

I have and will continue to keep my instructor informed of any physical condition or disability that would prevent or limit my participation in any exercise or physical training program. I understand that a physical examination is advisable before starting any exercise or physical conditioning program. I am also aware that my instructor is not engaged in diagnosing or treating medical diseases or deficiencies.

I assume all risks of my participation in Pilates-based fitness instruction, training and conditioning. I hereby agree to release and hold harmless Bodies in Balance Conditioning Studio or my instructor for any injury or accident related to my participation in the Pilates-based conditioning class/program.

Bodies in Balance Conditioning Studio and my instructor shall not be held responsible for any articles lost, stolen or damaged in or about the studio.

Signature (Parent or Guardian if under 18)

Date