

## INFORMED CONSENT AND WAIVER & RELEASE OF LIABILITY

*For reasons of safety this must be completed and signed before attending your first class. Without this admission will be refused.*

Before commencing any exercise regime, you should consult your doctor to ensure that you are capable of undergoing a routine of exercises provided by a class which you attend. It is also vital that you supply us with correct information about yourself. We cannot be liable for any incorrect information supplied by you to us or by a failure to notify us of any existing health problems. Advice provided by our instructors at no time constitutes medical advice in substitute for advice provided by a medical professional.

Whilst we take care to ensure a safe practice there are inherent risks in any exercise programme and we take no liability whatsoever for any injury or illness you may incur through taking our classes. We cannot be held responsible for any particular session, instructor and/or item of equipment not being available for whatever reason. We reserve the right to make alterations to the sessions, instructors and/or equipment, as well as to those ancillary facilities (e.g. showers), provided to clients without notice and in its absolute discretion and we will not be liable for any loss occasioned by such alterations except insofar as such loss is by law incapable of exclusion.

Personal belongings are brought onto the Studio premises at your own risk and we do not accept liability for any loss or damage whatsoever to such items.

Name:

Signature:

Date: