



Release of Liability for Personal Injuries and Loss of Personal Property; Indemnification by Participant.

Participant represents that Participant is in good physical condition and able to: (a) use the equipment provided; (b) engage in the exercises undertaken; and (c) fully and safely participate in the classes and activities selected by Participant. Participant understands and assumes the risk of all physical activity that Participant will undertake. Participant further acknowledges that Participant has been told to seek medical advice on the suitability of such physical activity and that Participant has either sought such medical advice or assumes the risk of proceeding without getting such advice. By attendance at the activities offered by or through Free Lifestyle LLC, Participant expressly agrees that Free Lifestyle LLC, its employees, coaches, representatives, agents, volunteers, sponsors, and independent contractors (collectively "Free Lifestyle Parties"), shall not be liable for any personal injuries or damages that Participant may sustain in such activities. By the execution of this Agreement, Participant assumes full responsibility for any injuries or damages which may occur to the Participant or the Participant's guests in, on, or about Free Lifestyle's activities. Participant further agrees that the Free Lifestyle Parties shall not be liable for any loss, damage, or theft of personal property of the Participant or the Participant's guests. Participant hereby voluntarily releases, forever discharges, and agrees to indemnify and hold harmless the Free Lifestyle Parties from any and all claims, demands or causes of action which are in any way connected with Participant's participation, or the participation of Participant's guests, in any Free Lifestyle activities, and/or services, including any claims which allege negligent acts or omissions of the Free Lifestyle Parties. **Member is aware that there are significant risks involved in all aspects of physical training. These risks include, but are not limited to: falls which can result in serious injury or death, injury or death due to negligence on the part of Participant, training partners, or other people around Participant. Participant willingly assumes full responsibility for the risks and accepts full responsibility for any injury or death that may result from participation in any Free Lifestyle's activity or class.**

I HAVE READ AND UNDERSTAND THE ABOVE AND BY SIGNING BELOW I AGREE TO PARTICIPATE IN THE CLASS BASED UPON THE CONDITIONS DESCRIBED ABOVE.

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

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

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

Email: \_\_\_\_\_

Emergency contact Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

I grant permission to use my photographs, motion pictures and records of this class and/or activity for any legitimate purpose.