

LIABILITY WAIVER

I am registering to participate in activities held by Tailored Leisure Co.

If you have a medical concern/problem or health-related question, please consult with your GP before participating. Consult your GP/physician before beginning this or any other exercise program.

The instructions and advice presented are in no way intended to be substitute for medical counselling/advice. Not all exercises are suitable for everyone and this or any other exercise program may result in injury.

Any user of this exercise program assumes the risk of injury resulting from performing the exercises shown. The creators, producers, participants, instructors and distributors of this program disclaim any liability or loss in connection with the exercises and advice contained herein.

I, the undersigned, hereby state that I wish to participate in the exercise class/course/workshop.

I realise that my/our participation in these activities involves potential risk of injury, including but not limited to bodily injury, heart attack, stroke, or even death.

I also recognise there are other risks associated with exercise and that it is not possible to list every one.

I know and understand the risks of exercise, understand that injuries are a possibility, and I hereby assume all risks of injury which could occur by reason of my/our participation in this fitness class.

I hereby state that I am in good health and are able to take part in this activity. I take full responsibility for my/our own health and well being and agree that any instructions received will be used at my/our own risk.

I have disclosed above any relevant medical information and understand that I/We are participating at my/our own risk.

Name

Signature

My signature also acknowledges my consent to be videotaped, audio recorded and/or photographed during the class, and grants Tailored Solutions Co the sole right to own, use and modify the images and/or recordings for any and all purposes worldwide, including but not limited to advertisements, marketing, and all commercial purposes and in all forms of media, without any compensation (including royalties) in perpetuity. I waive any right to inspect or approve any images or recordings and waive any rights of ownership to the same.

By participating with us you confirm you have read and accepted our terms and conditions, this is a legal document.