

# CARDIO DANCE CLUB

## Cardio Group Fitness Classes

Participant's Name: \_\_\_\_\_

Home/Cell Phone: \_\_\_\_\_

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

Emergency Contact Name / Phone: \_\_\_\_\_

Community You Live In: \_\_\_\_\_

How did you hear about the program? \_\_\_\_\_

The instructor encourages you to modify any of the dance movements for specific limitations you may have, and review the posted *Par-Q & You* document prior to starting this class.

### Release of Liability, Waiver of Claims and Assumption of Risks

#### THIS AGREEMENT AFFECTS YOUR LEGAL RIGHTS. READ IT CAREFULLY!

You, the client, are aware that there are risks associated with participating in Fitness activities and exercise. Your participation is completely voluntary, and you freely accept and fully assume all responsibility for all risks, and all possibilities of personal injury, death, property damage or loss to yourself or any other person as a result of your participation in fitness activities. You and your heirs, next of kin, executors, administrators and assigns agree:

(a) to waive all claims, known or unknown, that you have or may have in the future against *Cardio Dance Club/Jen deHaan*, including their owners, officers, directors, agents, employees, volunteers, business operators, independent contractors and site property owners or lessees (the "organization");

(b) that *Cardio Dance Club/Jen deHaan* is not liable or responsible for any damage to, loss or theft of your property;

(c) to release and forever discharge *Cardio Dance Club/Jen deHaan* from all liability for any personal injury, death, property damage or loss resulting from your participation in fitness activities due to any cause, including but not limited to negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract or mistake in error of judgment of *Cardio Dance Club/Jen deHaan*; and

(d) to be liable for and to hold harmless and indemnify *Cardio Dance Club/Jen deHaan* from all actions, proceedings, claims, damages, costs demands, including court costs on a solicitor and own client basis, and liabilities of whatsoever nature or kind arising out of or in any way connected with your participation in fitness activities.

**Please consult your physician prior to starting an exercise or fitness program, and prior to using the Facility.**

I have read and understood the above and accept its terms and confirm I'm age 13 or over.

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

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