



WAIVER OF LIABILITY AND INFORMED CONSENT RELEASE

Name: _____ Telephone: _____ Email: _____

Emergency Contact: _____ Relationship: _____

Emergency Contact Telephone: _____

CANCELLATION POLICY: I understand that if I must cancel a scheduled appointment, I must notify my instructor at Ferrari Pilates at least 24 hours in advance or I will be held responsible for payment in full.

I have enrolled in a program of instruction in the Pilates method of physical conditioning offered by Ferrari Pilates. I have been advised and I understand that participation in the Pilates method exercise and conditioning activities, like any physical conditioning activity or exercise program, present some unavoidable risk of injury, especially to people who have preexisting injuries, illness or medical disabilities. I understand that the use of exercise equipment also carries with it a risk of injury. I recognize that many changes may occur as a result of exercise lessons, including possible short-term aggravation of some symptoms, feeling of tiredness, light-headedness, increased energy, mood changes, etc.

I also understand that a medical evaluation is advisable before commencing any program of physical conditioning or exercise. I have or will continue to keep my instructor at Ferrari Pilates fully informed of any physical and medical conditions, disabilities, limitations and sensitivities that would prevent or limit my participation in an exercise or physical conditioning program. I acknowledge that, although the conditioning program I participate in may have substantial physical benefits, neither Ferrari Pilates nor its instructors that rent space by the hour are engaged in diagnosing or treating physical and medical conditions, disabilities, limitations or sensitivities.

Pertinent Physical and Medical Conditions, Disabilities, Limitations or Sensitivities:

I expressly assume all risks of my participation in the programs of Pilates method conditioning conducted by Ferrari Pilates and hereby release and hold Ferrari Pilates, its instructors, members, employees, renters, trainees and contractors from any liabilities, claims, damages, actions and causes of action as a result of injuries resulting from or relating to my participation in Pilates method conditioning program or in any way arising from or relating to any physical and medical conditions, disabilities, limitations and sensitivities. Ferrari Pilates shall not be responsible or liable for any articles lost, stolen or damaged, in or about the studio.

I also acknowledge and agree to support the following expectations from Ferrari Pilates:

1. I understand that the exercises involve elements of stretching, strengthening, balance training and endurance training.
2. I will inform my instructor of any pertinent orthopedic, pulmonary, cardiac, or other conditions that could influence my participation in the exercises.
3. I will participate in the exercises to my best ability, understanding that I may need to modify or eliminate exercises that are beyond my skill level or which may be inappropriate for me.
4. I will use equipment with which I am supervised or deemed to be proficient with by my instructor, and will observe proper etiquette when I am in Ferrari Pilates' facility.
5. I am responsible for session fees and will subscribe to Ferrari Pilates' fee schedule.
6. I will schedule appointments in advance as needed, and agree to cancel appointments I cannot attend at least 24 hours in advance. If I fail to cancel before 24 hours prior to my session, or if I fail to attend an appointment without previously canceling it, I agree to being charged the full fee of that particular session.
7. I agree to wear gym clothes for my sessions. I am aware that clothing with belt buckles, and certain types of jewelry are not allowed, and that strong scents may affect others attending the same sessions as myself, and agree not to wear these. I also agree to turn cell phone ringers off while in the studio.
8. In case of instructor illness or emergency, Ferrari Pilates will try to notify each client whenever possible.

Signature and Date