

If you have any kind of pre-existing injuries or conditions that may affect or limit your ability to exercise or to participate in Pilates, we ask that you let us know and that you consult a health care practitioner to approve your participation.

Do you have any injuries or physical conditions that limit your ability to exercise? Y / N

Do you suffer from any of the following conditions? If yes, please note and explain to the right of the condition:

- Lower back pain
- Knee pain
- Shoulder pain
- Scoliosis
- Joint replacement
- Sciatica
- Asthma
- Migraine/chronic headaches
- Chronic illness
- High/low blood pressure
- Other (please specify): _____

Are you interested in finding out more about...?

- Pilates teacher training/certification
- Kettlebell Training
- Kids Pilates/Teen Pilates
- Pre- or Post-natal Pilates
- Workshops on nutrition/wellness
- Other _____

STUDIO LOTUS CLIENT WAIVER & RELEASE

WAIVER & RELEASE: In consideration of the acceptance of Individual's participation in a Training Program (the "Program"), **Individual hereby waives any liability** Power Pilates, Inc., DRCO, LLC d/b/a Studio Lotus, or Studio Lotus at Atlanta Ballet, LLC may have arising out of my participation in the Program. Furthermore, I have been given the rules and regulations of the Program, and as an Individual, Individual hereby agrees to hold harmless Power Pilates, Inc. or DRCO, LLC d/b/a Studio Lotus, or Studio Lotus at Atlanta Ballet, LLC and all other persons and entities, including but not limited to any facility owner/operator utilized during the Program and all sponsors, individuals, third parties, clients, teachers, trainers, Certified PPI Instructors, Senior Instructors, Teacher Trainers, Teacher Trainer Trainees, Instructor Trainees and the like involved in or otherwise connected with the Program for any damages, physical, personal or property, which may arise from my participation in the Program. Because physical exercise can be strenuous and subject to risk of serious injury, Power Pilates, Inc. or DRCO, LLC d/b/a Studio Lotus, or Studio Lotus at Atlanta Ballet, LLC **urges you to obtain a physical examination from a doctor before participating in the Program** or participating in any exercise activity. **Individual agrees that by participating in physical exercise or training activities, you do so entirely at your own risk.** Individual agrees that Individual is **voluntarily participating in the Program** and these activities and use of facilities and premises and assumes all risks of injury, illness, or death. Power Pilates, Inc. or DRCO, LLC d/b/a Studio Lotus, or Studio Lotus at Atlanta Ballet, LLC also is not responsible for any damage to or loss of your personal property and is in no way responsible for the safekeeping of my personal belongings while I am in the studio. **Individual acknowledges that Individual has carefully read this "Waiver & Release" and fully understands that it is a complete release of liability.** Individual expressly agrees to release and discharge all trainers, instructors, other Individuals, officers, directors, employees from any and all claims or causes of action and Individual agrees to voluntarily give up or waive any right that Individual may otherwise have to bring a legal action against any of the foregoing for personal injury or property damage. To the extent that statute or case law does not prohibit releases for negligence, this release also covers and includes negligence and any legal theory based upon negligence. If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid and/or unenforceable, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from. By signing this release, Individual acknowledges that Individual understands its content and that this release cannot be modified orally.

If under 18 years of age: As legal guardian of _____, I consent to the above condition.

Signature: _____ Date: _____

Name: _____
[PLEASE PRINT]