



Waiver and Release of All Claims by Participant

The undersigned Participant acknowledges that any program of movement or fitness exercise involves a risk of injury.

The Participant represents that he/she has been recently examined by a medical doctor who found that he/she may engage in an exercise program.

The Participant acknowledges that he/she has contracted with St Louis City Fitness, LLC to be instructed in a group exercise program including, but not limited to, exercise activity known as Zumba and or yoga as more fully described in the program materials and/or by the Instructor.

For and in consideration of the design of an exercise program for Participant by the instructors of St Louis City Fitness:

1. Participant agrees that any exercise program design be liable to participant, nor any other person, for any claims or causes of action of whatsoever nature arising out of or connected with the services of St Louis City Fitness and/or Instructor; and
2. Participant hereby agrees to release and hold St Louis City Fitness, Instructor, and their respective contractors, employees, owners, directors, members, partners, agents, and assigns (hereafter collectively referred to as "the Releasees") harmless from any and all claims or causes of action of whatsoever nature arising out of any activities and services provided to and for the benefit of Participant including, but not limited to, damage to Participant's property or personal injury, regardless of whether such damage, injury, claim or cause of action arises directly or indirectly or, in whole or in part, out of the negligent acts or omissions of St. Louis City Fitness, Instructor, or any of the Releasees described in this paragraph.

Please Print Name _____

Participant's signature/date: _____