



AGREEMENT AND RELEASE OF LIABILITY

I understand and am aware that strength, flexibility and aerobic exercise, including the use of equipment, is a potentially hazardous activity.

I also understand that fitness activities involve a risk of injury, and that I am voluntarily participating in these activities and using equipment with knowledge of all dangers involved.

Release of Liability

I understand that by participating in physical exercise or training activities I am doing so **entirely at my own risk** and that I **assume all risks** of injury, illness or death.

On behalf of myself, my heirs and personal representatives, I hereby **release Pure Pilates NJ, LLC, Carol Crincoli and all employees, agents, representatives and independent contractors** from all claims, liabilities, or demands of any kind on account of any personal injury (including death), property damage or other damages arising out of or because of participation of all activities.

I am signing this **Release of Liability** freely and voluntarily.

Declaration of fitness to participate

I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation or use of equipment except as hereinafter stated. I have had a physical examination by a licensed physician within the past six (6) months confirming that I have no cardiovascular ailment or other physical disability that would prevent me from engaging in a strength, flexibility and aerobic exercise program.

Print Name

Signature

Date