

Turn Cardio Jam Studio

In consideration of my use of exercise equipment, and facilities and participation in dance/fitness classes provided by Turn Cardio Jam Studio, I expressly agree and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that Turn Cardio Jam Studio, Dance Trance Richmond and Cauley Flower Productions LLC and its insurers, employees, officers, directors, and associates, shall not be liable for any damages arising from personal injuries (including death) sustained by me, or my guest in, on, or about the premises, or as a result of the use of the equipment, fitness classes or facilities, regardless of whether such injuries result, in whole or in part, from the negligence of Turn Cardio Jam Studio.

By the execution of this agreement, I accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur to me or my guest, and I hereby fully and forever release and discharge Turn Cardio Jam Studio, Dance Trance Richmond and Cauley Flower Productions LLC, its insurers, employees, officers, directors, and associates, from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out the use of said equipment and facilities.

I expressly agree to indemnify and hold Turn Cardio Jam Studio harmless against any and all claims, demands, damages, rights of action, or causes of action, of any person or entity, that may arise from injuries or damages sustained by me or my guest.

I agree to be solely responsible for safety and well being of my guest and myself.

I agree to comply with all rules imposed by Turn Cardio Jam Studio regarding the use of the facilities, and equipment and participation in dance/fitness classes. I agree to conduct myself in a controlled and reasonable manner at all times, and to refrain from using any equipment in a manner inconsistent with its intended design and purpose.

I understand and acknowledge that the use of exercise equipment or the participation in fitness/dance classes involves risk of serious injury, including permanent disability and death.

I understand and agree that Turn Cardio Jam Studio, Dance Trance Richmond and Cauley Flower Productions LLC are not responsible for property that is lost, stolen, or damaged while in, on, or about the premises.

I understand and agree that my use of the facilities, and equipment and participation in fitness/dance classes is only to be undertaken on my own personal time, and that my use of the facilities and equipment is not within the course or scope of my employment.

I HAVE READ THE FOREGOING WAIVER AND RELEASE OF LIABILITY AND VOLUNTARILY EXECUTED THIS DOCUMENT WITH FULL KNOWLEDGE OF ITS CONTENT.

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

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

\_\_\_\_\_  
Print Name