



**Sign-up/waiver and Release of Liability**

Ayumi's Oasis Self Defense & Mixed Martial Arts urges you and all students to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise class.

All exercise, including the use of weights and use of any and all machinery, equipment, and apparatus designed for exercising shall be at the student's sole risk.

Student understands that the agreement to use, or secession of exercise program, methods and types of equipment shall be student's entire responsibility, and we shall not be liable to student for any claims, demands, injuries, damages, or actions arising due to injury to student's person or property arising out of or in connection with the use by student of the services, facilities, and premises of your spaces or our spaces.

Student hereby holds the space, its officers, owners, agents, and employees harmless from all claims which may be brought against them by student or on student's behalf for any such injuries or claims.

Printed Name of Student/Guardian: \_\_\_\_\_

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

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