Waiver and Release of Liability

In consideration of my being allowed to participate in the programs of Ambition Group Fitness LLC and to use its equipment, I agree to the following waiver and release:

1.) I, for myself, my heirs, executors or anyone else who may claim on my behalf, hereby waive, release and forever discharge, Ambition Exotic Fitness LLC and its employees, representatives, and agents from any and all responsibilities or liability from personal injury, death, damage to property or loss of any kind resulting from participation in any programs or my use of equipment in the abovementioned activities.

2.) I do also hereby release Ambition Group Fitness LLC and its officers, agents, employees, and representative from any responsibility or liability for any injury or damage to myself, including those caused by negligence.

3.) I understand that strength, flexibility and aerobic exercise, including the use of equipment offered by Ambition Group Fitness LLC is a potentially hazardous activity with certain risks and benefits, some of which include but are in no way limited to: soft tissue injuries such as wounds, bruises, muscle strain, muscle soreness, sprains, acute strains, broken bones, head injuries, back/neck injuries, knee/foot injuries, heart attacks, death, improved cardiovascular fitness and flexibility, increased strength and muscle tone.

4.) I also understand that while some of the risks and hazards involved in using the equipment of Ambition Group Fitness LLC are foreseeable, others are not. I understand that fitness activities involve a risk of injury and even death, and I am voluntarily participating in these activities and using equipment with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death.

5.) I acknowledge that I have either had a physical examination and been given my physicians permission to participate, or that I have decided to participate in activities and use equipment without the approval of my physician and do hereby assume all responsibility for my participation and activities and utilization of equipment and machinery in my activities.

6.) I understand that the owners/employees/instructors of Ambition Group Fitness LLC are not medical personnel, may make no medical judgments, give no medical advice and provide no medical care or therapy.

7.) I agree to abide by all studio policies and procedures of Ambition Group Fitness LLC.

In addition, I understand and acknowledge that: •

Payment is required before the start of all Classes and Parties. • Payments are non-refundable once class has began.

ONLINE BOOKING AGREEMENT: By booking, I authorize this business to charge my credit card a no-show fee of up to 100% of the scheduled value should I miss my visit without proper notification. In the event that I need to cancel, I will receive a full refund within 10 business days ONLY if I notify Ambition Group Fitness LLC via email 1 hour or more before the start of class or 1 week before the start of my party.

I have read, understand, and have had the opportunity to ask questions regarding this legal document and I hereby unconditionally release Ambition Group Fitness LLC, its officers, agents, representatives, employees and instructors from any and all liability resulting from any injuries which may result from classes, instruction, parties, events and/or equipment.