

LIABILITY WAIVER: AGREEMENT TO PARTICIPATE and ASSUMPTION OF RISK

By signing up for a training session online or in-person, a class, event, workshop, or other program (the "Session") and using the premises, facilities and equipment (the "Studio") rented, owned, or operated, whether in-person or a virtual setting, by Adriana Alfaro, dba pelvicfloorandbeyond ("pelvicfloorandbeyond") I acknowledge on behalf of myself, heirs, representatives and/or assign, there are inherent risks associated with the Sessions and Studio.

I understand and am aware that strength, flexibility and aerobic exercise, including the use of related equipment, are potentially hazardous activities. I understand that fitness activities involve the risk of injury, and that I am voluntarily participating in these activities and using equipment knowing the dangers involved. I agree to assume full responsibility for all injuries or damages sustained or aggravated by me in relation to my participation of the Sessions and use of the Studio, regardless if I am training virtually on in-person, and with or without an instructor present and supervising, such as a live stream, or an on-demand streaming scenario.

At all times, I will use all reasonable efforts to ensure my physical safety. I will comply with posted safety signs, rules, and verbal instructions given to me by the instructor, regardless if the instructor is present and/or live, or if I am receiving instruction virtually or prerecorded. I understand that equipment used while exercising can be dangerous if used improperly. I understand that pelvicfloorandbeyond does not manufacture any equipment and is not responsible or liable for any defective products. I also understand and agree that pelvicfloorandbeyond is not responsible for any injury sustained due to a defect, damage, or lack of maintenance, in my individually owned equipment, or equipment used not while under in-person direction from pelvicfloorandbeyond .

I declare myself to be physically sound and suffering from no condition, impairment, disease, or other illness that would prevent my participation or use of equipment or machinery, except as noted by a representative of pelvicfloorandbeyond and modified accordingly. I have not been instructed by a physician to not participate in physical exercise. I will notify pelvicfloorandbeyond , or a representative thereof, immediately of any changes in my medical condition, including pregnancy, or pregnancy-related complications, as soon as reasonably possible. I acknowledge and understand that if I am pre/post-natal there is an increased risk to myself and, if applicable, my unborn child. By participating in these exercises I assume all associated risks to myself, and if applicable, my unborn child. If I am pre/postnatal I have permission from my physician to participate in an exercise program.

If I am experiencing shortness of breath, chest pain, unusual fatigue, dizziness, or extreme pain, whether or not I am under the direct, live supervision of an instructor, I will immediately stop exercising and, if possible, immediately inform a representative of pelvicfloorandbeyond of my symptoms. I authorize any representative of pelvicfloorandbeyond to obtain emergency treatment for me, including transportation to a hospital, urgent care, or other medical facility.

I understand that I am the intended recipient of a Session from pelvicfloorandbeyond and that any material, video or otherwise, I receive or have access to is for my use only. I will not upload any videos or materials provided by pelvicfloorandbeyond to any online forum such as a personal website, YouTube, or social media. I also agree to not video any part of pelvicfloorandbeyond material without express written consent and to not share, copy, video, summarize, share or reproduce in any way the materials received as they are protected under the United States Copyright Laws, including the Copyright Act of 1976. I grant pelvicfloorandbeyond , its representatives, employees and agents the right to take photographs and video footage of me with or without my name for any lawful purpose.

In consideration of being allowed to participate in the Session and access the Studio, I release, indemnify, and hold harmless pelvicfloorandbeyond , its direct and indirect parent, subsidiary affiliate entities, and each of their respective officers, directors, members, employees, representatives and agents, and each of their respective successors and assigns and all others, from any and all responsibility, claims, actions, suits, procedures, costs, expenses, damages, and liabilities to the fullest extent allowed by law arising out of or in any way related to participation in the Sessions or use of the studio, including ingress and egress to the Studio whether on public or private property, or training with pelvicfloorandbeyond in any way.

Print Name: _____ Signature: _____

Date: _____