

WAIVER

I understand that the training, programs and events held by Elevate Pole Fitness Studio and Zara Wharton may put me at risk for accidents, injury, illness or death. By partaking in classes/sessions/programs/exercise, I hereby release Elevate Pole Fitness Studio, Zara Wharton/the Instructor(s) conducting any classes; from any and all liabilities and/or claims arising from, or in any way connected with, my use of these classes/sessions/programs/exercise/the facility or any extension thereof. This has been fully explained to me. I also understand that there will be no supervision of my workouts; other than the instruction of the session/event/class instructor and that I assume the risk and responsibility of my fitness level and will adjust to fit my abilities & personal needs accordingly. I am participating in all classes/workshops/photoshoots/events/exercise programs of my own free will, with full knowledge of all inherent risks, and I accept full responsibility for such risks, my own actions, and the consequences of those actions. I will use the safety mats provided when needed. I have read and understand the cancellation policy and understand the terms to be eligible for a full refund or refund of the class credit. I have read, understood and agree to the lateness policy and all other studio policies. I agree to not teach other students as I am not qualified, experienced or insured to teach students, nor will I ask another student to show me how to do a move that I have not been shown by my instructor. If another student sustains an injury because I have incorrectly told them to do something then the instructor/Zara Wharton and Elevate Pole Fitness Studio cannot be held responsible. Additionally, if I perform a move that I have been advised to do by another student rather than my instructor, or any move that I have watched/seen/attempted to learn from social media or any alternative sources; the instructor/Zara Wharton and Elevate Pole Fitness Studio will not be held responsible for any injuries sustained. I understand that photos and videos will be taken by other students in classes and that these may be shared on the business' social media page to advertise classes. I understand that if I wish for a picture not to be shared I will contact Zara Wharton & Elevate Pole Fitness Studio directly. I have read and understood this waiver of liability. I am aware that by agreeing to its terms; I waive any legal claims which might arise from my participation.

Name

Signature

Date