



Release Waiver & Assumption of Risk

In consideration of my being allowed to participate in the programs of Aradia™ Fitness and to use its equipment, I agree to the following waiver and release.

I, for myself, my heirs, executors or anyone else who may claim on my behalf, hereby waive, release and forever discharge, Aradia™ Fitness and its employees, representatives, executors, and all others 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 above-mentioned activities.

I do also hereby release, Aradia Fitness™ and its officers, agents, employees, representatives, executors, and all others from any responsibility or liability for any injury or damage to myself, including those caused by negligence.

I understand that strength, flexibility and aerobic exercise, including the use of equipment offered by Aradia™ Fitness, is a potentially hazardous activity with certain risks and benefits. Some of which are included but are in no way limited to: soft tissue injuries such as wounds, sprains, and acute strains, broken bones and head injuries, back, neck, knee and foot injuries, heart attacks, improved cardiovascular fitness and flexibility, and increased strength and muscle tone.

I also understand that while some of the risks and hazards involved in using the equipment of Aradia™ Fitness are foreseeable, others are not. I understand that fitness activities involve a risk of injury and even death and that 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.

I acknowledge that I have either had a physical examination and been given my physician's permission to participate, or that I have decided to participate in activity 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.

I confirm that I am participating in any and all Aradia Fitness classes for personal use only and I acknowledge the classes I am participating in are not structured or intended to prepare anyone to be a pole dancing or fitness instructor. Only individuals who have been accepted into and completed the Aradia Fitness certification program are legally able to teach Aradia Fitness classes and/or any portion of an Aradia Fitness class with permission. Aradia Fitness will pursue legal action against any person teaching any Aradia Fitness classes or any portion of original Aradia Fitness choreography that does not have a valid certification.

PRINT NAME: _____

SIGNATURE: _____ **DATE:** ____ / ____ / ____