

RELEASE OF LIABILITY

In accepting below, I, the client, acknowledge and certify that I am voluntarily participating in an exercise program and/or assessment with Mini Viking LLC/Mini Viking Pilates. I recognize that these activities may at times be strenuous and all exercise and participation is done at my own risk, and Mini Viking LLC/Mini Viking Pilates is not liable for loss of any kind, including, but not limited to personal injury, theft or loss of personal property.

I am hereby advised and understand that participating in any exercise or conditioning program presents some unavoidable risk of injury, especially to people who have pre-existing conditions, injuries, illness or medical disabilities. I hereby assume all risks associated with the use of Mini Viking LLC/Mini Viking Pilates and waive all rights and rights of my heirs, administrators, executors, successors, and assigns to any and all claims, including but not limited to, personal injury, including bodily injury or death, and all property damage. I also agree to indemnify and hold Mini Vikings LLC/Mini Vikings Pilates harmless against any and all claims, suits or actions of any kind whatsoever for liability, damages, compensation or otherwise brought by me or by anyone on my behalf, including attorney's fees and any related costs.

I understand that a medical evaluation is advisable before commencing any exercise or conditioning program. By my participation in any of these activities, I acknowledge that I have either had a physical examination and have been given my physician's permission to participate, or that I have decided to participate without the approval of my physician. I understand that in rare cases physical exercise can cause dizziness, chest discomfort, nausea, and joint or muscle soreness.

I assume all risks involved and hereby waive, release and forever discharge Mini Viking LLC as well as any parent companies or subsidiaries (Mini Viking Pilates) its owners, members, officers, employees and staff from any and all claims, suits, losses or causes of action for damages, injury, disability or death, including claims for negligence, arising out of or related to my participation in any Mini Viking LLC exercise program or assessment in person or virtually.

I have read and understand this informed consent and release of liability and acknowledge that it accurately sets forth my intentions.

SIGNATURE _____

DATE _____