



WAIVER AND RELEASE FORM FOR LIABILITY FOR MY MAT PILATES

I (**PRINT FULL NAME**) _____, hereby agree to the following;

1. That I am participating in the training, program and exercises My Mat Pilates has offered by Instructor Cheri Parsons.
2. I understand that it is my responsibility to consult a GP prior to and regarding my fitness in any Fitness program. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in class.
3. In consideration of being permitted to participate in My Mat Pilates sessions I agree to assume full responsibility for any risks, injuries or damages, known or unknow, which I might incur as a result of participating in the program.
4. In consideration of being permitted in any fitness program, I knowingly, voluntarily and expressly waive any claim I may have against Instructor Cheri Parsons and My Mat Pilates for injury or damages that I may sustain as a result in participating in the group session.
5. I, my heirs, legal representatives forever release, waive, discharge and convent not to sue Cheri Parsons business owner of My Mat Pilates if injury or death is caused by their negligence or other acts.
6. I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Signature:

PRINT FULL NAME _____

ADDRESS: _____

EMAIL: _____

MOBILE: _____

EMERGENCY CONTACT

NAME/PHONE: _____

PHOTO/FILMING WAIVER - By ticking the box, I authorise My Mat Pilates to use public photos of students/clients for Social Media Purposes (My Mat Pilates Facebook & Web Page). I also give permission for My Mat Pilates to post & upload Videos of class sessions to Socials & Webpage.

**Class Cancellation Policy - Clients must provide a minimum of 24 hours' notice to cancel or reschedule a training session. If a client cancels or reschedules a session with less than 24 hours' notice, the session will be considered a "late cancel" and will be charged at the full rate. These are in alignment with bookings for 1:1, 1:2 and Group Bookings. If a client has booked a one-week class pass this is a flexible booking and can be rescheduled at no extra cost. If a person has booked either a two or three class pass this must be used within the same week.*