



## **Thrive Fitness Liability Waiver**

### **Informed Consent**

I understand that I will be taking part in a range of physical training challenges in my endeavors with a trainer / teacher and I also accept that the responsibility is mine. I understand the risks and the benefits. I also acknowledge that the training party has informed me of the fact they will take measurements and sensitive information and will treat this with respect in accordance to the Data Protection guidelines.

### **Acknowledgment**

I am aware that participation in the class, workshop, event, or activity may be hazardous. I acknowledge that a certain minimum level of physical health, strength, fitness, and flexibility will be required.

I represent that I possess the level of health, strength, fitness, and flexibility necessary to participate in these activities.

I understand and acknowledge that in the context of a class teachers may physically adjust and correct the student and should I not wish this to happen, it is my responsibility to notify the teacher at the start of the class.

I am voluntarily participating in these activities with knowledge of the risks of injury. I assume all responsibility and liability for any and all injuries I may sustain due to my participation in these activities. Furthermore, I hereby confirm that I am voluntarily engaging in an acceptable level of exercise, which has been recommended to me.

### **Release**

In consideration for being permitted to participate in the yoga class, workshop, event, or activity, I agree that I, my heirs, assignees, guardians, and legal representatives will not make any claim against, sue, or attach the property of, any of the hosts, instructors, organisers, or participants in the class, workshop, event, or activity including but not limited to Thrive Fitness for injury or damage resulting from my participation in such class, workshop, event, or activity.

I release all such hosts, instructors, organisers, and participants, their agents and heirs, from any and all actions, causes of action, lawsuits, claims, or demands that I, my assignees, heirs, guardians, and

legal representatives now have or hereafter may have for any and all injury, illness, loss of or damage to property associated with my participation in the class, workshop, event, or activity.

I have carefully read this agreement and fully understand its contents. I am aware and agree that it is a complete release of liability for any injuries or damages I may sustain due to classes, workshops, events, and activities with Thrive Fitness and all such hosts, instructors, organisers, and participants.

**Email Notifications**

By entering into this agreement, I agree to receive email notifications confirming information on my purchases, bookings, class reminders, pass expirations and cancellations. I agree to be added to the mailing list, unless explicitly stating to opt out.

**Photography/Filming**

Thrive Fitness reserves the right to photograph or film during our classes and to use these images for our website and marketing purposes. By entering into this agreement I agree that it is my responsibility to make myself known should I not wish to be photographed or filmed. Under 18s If the account is for a person under the age of 18, I confirm that the contact details given here are for someone over 18.