I,     , through the purchase of training sessions, have agreed to voluntarily participate in an exercise program, including, but not limited to, strength training, flexibility development, and aerobic exercise, under guidance of Pride Performance staff. I hereby stipulate and agree that I am physically and mental sound and currently have no physical conditions that would be aggravated by my involvement in an exercise program. I have provided verification from a licensed physician that I am able to undertake a general fitness-training program.

I understand and an aware that physical-fitness activities, including the use of equipment, are potentially hazardous activities. I am aware that participating in these types of activities, even when completed properly, can be dangerous. I agree to follow the verbal instructions of issued by the trainer. I am aware that potential risks associated with these types of activities include, but are not limited to: death, fainting, disorders in heartbeat, serious neck and spinal injuries that may result in complete or partial paralysis or brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of musculoskeletal system, and serious injury or impairment to other aspects of my body, general health, and well-being.

I understand that I am responsible for my own medical insurance and will maintain that insurance throughout my entire period of participation with Pride Performance. I will assume any additional expenses incurred that go beyond my health coverage. I will notify Pride Performance staff of any significant injury that requires medical attention (such as emergency care, hospitalizations, etc.)

Pride Performance or I will provide the equipment to be used in connection with workouts, including, but not limited to, yoga/Pilates mat, yoga blocks, pads, towels, heart rate monitors, and similar items. I represent and warrant any and all equipment I provide for training session is for personal use only. Pride Performance has not inspected my equipment and has no knowledge of its condition. I understand that I take sole responsibility for my equipment. I acknowledge that although Pride Performance takes precautions to maintain the equipment, any equipment may malfunction and/or cause potential injuries. I take sole responsibility to inspect any and all of my or Pride Performance's equipment prior to use.

Although Pride Performance will take precautions to ensure my safety, I expressly assume and accept sole responsibility for my safety and for any injuries that may occur. I hereby agree conduct myself in a responsible manner and will refrain from engaging in appropriate conduct that would interfere with the peaceful use and enjoyment of the facility by other users.

I hereby grant Pride Performance permission to use my likeness in a photograph, video, or other digital media (“photo”) in any and all of its publications, including web-based publications, without payment or other consideration. I understand and agree that all photos will become the property of Pride Performance and will not be returned. I hereby irrevocably authorize Pride Performance to edit, alter, copy, exhibit, publish, or distribute these photos for any lawful purpose. In addition, I waive any right to inspect or approve the finished product wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photo.

 In consideration of the acceptance of this entry, I for myself and for my executors, administrators, and assigns, waive and release any and all claims against Pride Performance and any of their staffs, officers, officials, volunteers, sponsors, agents, representatives, successors, or assigns and agree to hold them harmless for any claims or losses, including but not limited to claims of negligence for any injuries or expenses that I may incur while exercising or while traveling to and from training sessions. These exculpatory clauses are intended to apply to any and all activities occurring during the time for which I have contracted with Pride Performance.

I represent and warrant I am signing this agreement freely and willfully and not under fraud or duress.

having read the above trams and intending to be legally bound hereby and understanding this document to be a complete waiver and disclaimer in favor of pride performance, i hereby affix my SIGNATURE hereto.

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|       |
| Participant's Name (please print clearly) |
|  | Date: |  |
| Participant Signature |  |  |
|       |
| Participant's Address(please print clearly) |
|       |       |
| Emergency Contact |  | Phone Number |
|  | Date: |  |
| Parent/Guardian signature (if applicable) |  |  |