



## Waiver and Release of All Claims by Participant

The undersigned Participant acknowledges that any program of movement or fitness involves a risk or injury.

The Participant agrees that he/she has contracted with The Movement Center of St Louis to be instructed in a group exercise program, but not limited to, exercise activity known as GYROKINESIS®, Yoga, JUVO Board, Beaming, ENERGY SPACE, Pilates, and HIIT.

For and in consideration of the design of an exercise program for Participant by the instructors of the The Movement Center of St Louis:

1. Participant agrees that any exercise program designed and administered by Instructor shall be undertaken by Participant at his/her sole risk; and
2. Participant agrees that The Movement of St Louis and/or Instructor shall not be liable to Participant, nor any other person, for any claims or causes of action of whatsoever nature arising out of or connected with the services of The Movement Center of St Louis and/or Instructor; and
3. Participant hereby agrees to release and hold The Movement Center of St Louis, Instructor, and their respective contractors, employees, owners, directors, members, partners, agents, and assigns (hereafter collectively referred to as “the Releases”) harmless from any and all claims or causes of action whatsoever nature arising out of any activities and services provided to and of for the benefit of Participant including, but not limited to, damage of Participant’s property or personal injury, regardless of whether in part, out of negligent acts or omissions of The Movement Center of St Louis, Instructor, or any of the Releases described in this paragraph.

\_\_\_\_\_  
Participant’s Signature

\_\_\_\_\_  
Participant’s Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Email

\_\_\_\_\_  
Phone Number