

## CONSENT AND RELEASE FORM

I, \_\_\_\_\_, do hereby consent to my voluntary participation in the classes held at All About You studio at 23 Village Inn Road, Westminster, MA.

I also agree to forever release All About You, 23 Village Inn Road, Westminster, MA and all its employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in the voluntary program from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries or property damage resulting from my participation in classes held at the All About You studio at 23 Village Inn Road, Westminster, MA.

I also promise to indemnify, defend, and hold harmless the Releases against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries or property damage resulting from my time at All About You studio at 23 Village Inn Road, Westminster, MA.

I am participating in classes held at the All About You studio, I am aware of the physical risks involved with strenuous exercise and understand it is my personal responsibility to consult with my Doctor regarding my participation. I have no medical condition, which would prevent me from taking part in these classes, and I assume the responsibility for any risk or injury I may sustain as a result of my participation. I have read the above release and waiver of liability and understand its contents. I agree to the terms and conditions stated above.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Limitations or injuries \_\_\_\_\_

In an emergency contact \_\_\_\_\_

Date \_\_\_\_\_ Signature \_\_\_\_\_