



Participation Waiver

In keeping with the personal integrity we try and realize through fitness and life, being responsible for our own bodies is an essential part of our autonomy. By signing this form you agree to be responsible for your own well being and safety. Please make sure you communicate with your instructor about any and all injuries you currently have that may or may not be instrumental in how we program your session. Thank you!

Pivotal Pilates reserves the right to cancel a class or change instructor with no written notice. Please check schedule before coming over.

I, _____ by signing this form, agree that I am fully responsible for my participation with Pivotal Pilates. I am aware of the risks and potential problems and dangers that can arise out of a strenuous fitness regimen and agree to hold Pivotal Pilates, it's agents and employees harmless, for any and all injury or problem that may or may not arise out of my participation with Pivotal Pilates: Mat Classes, Private or Duet sessions, group equipment classes and or other forms of instruction.

Signature

Date