



RELEASE & WAIVER

I, _____ voluntarily desire to participate in physical and rehabilitation
PRINT NAME
and/or exercise training classes conducted by Polestar Education, L.L.C. (“Polestar”) located at:
_____ (“Facility”) and understand and agree to the following:

1. I assume full responsibility while voluntarily participating in a training class at my sole risk and shall abide by any rules and regulations for use of the Facility which may be promulgated from time to time by its owner or Polestar.
2. I am aware that there exists the possibility of certain conditions occurring during or following training and/or exercise. These include, but are not limited to: mild light headedness, fainting, abnormalities of blood pressure or heart rate, ineffective heart function and in rare instances, heart attack or stroke. The reaction of the cardiovascular system to such activity cannot be predicated with complete accuracy.
3. It is strongly recommended that I receive a medical clearance from my private physician prior to starting an exercise training program. This program is not designed for persons with known heart disease with or without functional impairment.
4. I expressly agree that I have been informed that the program involves possible risks and all exercises shall be undertaken at my sole risk and that neither Polestar, nor the Facility at which the program is being conducted, nor the officers, directors, employees or agents of either shall be liable to me nor any other person, for any claims, demands, injuries, damages, actions or causes of action, whatsoever, to my person or property arising out of or connected my services, facilities, and exercise classes or the Facility where the same is located, and I do hereby release and discharge Polestar and the Facility thereof from all claim, demands, injuries, damages, action, or causes of actions and from all acts of active or passive negligence on the part of Polestar or the Facility, their servants, agents or employees.
5. I authorize Polestar Pilates Education to use photos and or other likenesses of myself for any promotional Materials regarding Polestar Pilates Education programs, facilities or services such likenesses will not be sold to other parties. Promotional materials bearing these likenesses may be distributed for free to the public and posted on the Polestar website. Polestar Education reserves the right to use any photo or likeness for the time period beginning when this form is signed and ending upon written request of the participant.

I HAVE READ THE ABOVE STATEMENT AND UNDERSTAND THE CONDITIONS

Participant’s Signature: _____ Date: _____

Participant’s Printed Name: _____ Date: _____

Witness: _____ Date: _____