

**PILATES BY VAL, INC.
WAIVER, POLICIES, AND GUIDELINES**

We have a strict 24 hour cancellation policy for personal training sessions. If participants fail to cancel within that time, they will be billed for that session. There are no make-ups for missed classes. (Please initial _____)

- **Due to liability we are not allowed to have children under the age of 18 in the studio unless they are in a class or with a trainer.(Please initial _____)**
- **All personal training sessions and group classes and all online sessions are nontransferable and there are no refunds. (Please initial _____)**
- **All personal training sessions and group classes here at the studio or online sessions are paid by the month and must be completed in the month(_____)**
- **All payments are made through the front desk or on our website www.pilatesbyval.com (_____)**
- **I understand that I, _____ (Print Name) will be participating in a fitness program through Pilates By Val. I do hereby release and for ever discharge Pilates By Val, Inc. and its officers, directors, instructors, and assign from any and all responsibility and liability for personal injury to myself from damages and losses of every kind and nature including damage to property, resulting directly or indirectly from participation in any activities, use of any Pilates equipment , or facilities of**
- **Pilates By Val, Inc. and regardless whether based on negligence, intentional tort, or any other legal or equitable theory. Please initial(_____)**
- **I understand and am aware that strength, flexibility, and aerobic exercise, including the use of the Pilates equipment is a potentially hazardous activity. I also understand that fitness activities involve a risk of injury or death. I acknowledge that I am voluntarily participating in these and using Pilates equipment with knowledge of the dangers involved. (_____)**
- **By my signature below, I acknowledge that I have read and am in agreement with this document and all attachments to this document, all al of this same date. If under the age of 18 you must also have a parent/guardians signature.**

Date: _____

Print name: _____

Signature: _____

Guardian: _____