



WAIVER & RELEASE AGREEMENT

I, the undersigned, hereby expressly and affirmatively state that I wish to participate and/or teach fitness classes held by HIPS Fitness LLC, including but not limited to any fitness and dance formats, demos, seminars, practices, trainings, and events. I realize that my participation in any activity hosted and/or given by HIPS Fitness LLC involve risk of injury, including but not limited to muscle strain, joint sprains, broken bones, slips, trips, falls, heart attack, stroke, and even the possibility of death. I also recognize that there are many other risks of injury including serious disabling injuries, which may arise due to my participation in this activity, and that it is not possible to specifically list each and every possible injury risk. Knowing the risks and that other injuries and even death are a possibility, I hereby expressly assume all of the described risks of injury, all other possible risk of injury, and even the risk of death, which could occur by reason of my participation.

I understand the risk of my participation in any activity offered by HIPS Fitness LLC. Knowing these risks, I voluntarily choose to participate, assuming all risks of injury or even death due to my participation. I do hereby waive, release, and forever discharge HIPS Fitness LLC, Michelle Hunter and all employees, contractors, and representatives from any and all responsibilities or liability for injuries or damages resulting from my participation.

Materials such as pictures, videos, testimonials & other media might be taken or collected for marketing and/or promotional purposes (company website, social media, etc). Your image may be captured and will be the property of HIPS Fitness with no liability for purpose of promotions.

Participant Name: _____
(*print*)

Participant Signature: _____

Are you 17 or older? ☐ YES ☐ NO

If No, Parent/Guardian Signature is required

Parent/Guardian: _____

Email Address: _____

Include your email address in our Company Communique? ☐ YES ☐ NO

(We do NOT spam, We do NOT share your private information. We will offer you occasional discounts on events/classes, career & networking opportunities and first announcements on upcoming events).