



Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Cell Phone#: \_\_\_\_\_ DOB: \_\_\_\_\_

email: \_\_\_\_\_

I \_\_\_\_\_, have enrolled in a program of physical activity, including, but not limited to, YoLarates™, yoga, Pilates, ballet, barre, Ballerobica®, Stretch & Tone, Legacy Barre, aqua fitness and/or other fitness programs and classes offered by Lara Foldvari, Principal, YoLarates™ dba The BOG. I hereby affirm that I am in good physical condition and do not suffer from any disability which would prevent or limit my participation in this exercise program. Injuries and limitations that I currently have are listed here: \_\_\_\_\_

I attest that I am COVID-19 negative and have not been exposed to COVID-19 within the past 14 days. I understand that there is a certain risk of exposure to COVID-19 when in proximity to people outside of my household.

In consideration of my participation in the exercise program offered by The BOG, I, \_\_\_\_\_ for myself, my heirs and assigns, hereby release Lara Foldvari (The BOG, its employees, owners, and any locations where services are rendered, including virtual platforms), from any claims, demands and causes of action arising from my participation in the exercise program.

I fully understand that I may injure myself as a result of my participation in the exercise program offered by Lara Foldvari/The BOG and I, \_\_\_\_\_, hereby release Lara Foldvari/The BOG from any liability now or in the future including, but not limited to heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, injuries to knee, lower back, foot, hand, arm, leg, shoulder, hip, and any other illness, soreness or injury however caused, occurring during, or after my participation in the exercise program. The use of weights greater than 1-3 pounds renders this liability waiver null and void.

If I am unable to give at least 1-hour notice of cancellation (for training sessions or other appointments), normal payment will be required. This policy also applies to no-shows. If I am late, the session will still finish on time.

I authorize The BOG to copyright and publish all photographs and videos, in print or electronic format, in which I appear or speak, that are taken by or for The BOG. I agree that The BOG may use, edit, reproduce such photographs and videos, or share them with others for any purpose related to the promotion of The BOG and its related programs and activities. I release all claims against The BOG and others with respect to the copyright, publication, or use of such photographs or videos, including any claim for compensation related to their use.

Training and class packages are non-refundable. Training & class packages offered with set dates will expire at the end of the session, whether or not all trainings/classes were used, except in the case of instructor-canceled trainings or classes, in which case there will be make-up dates. The BOG follows the Cheshire, CT public school calendar and, in the case of inclement weather, their closings/delays/early dismissals.

Follow The BOG online for the most current schedule or cancellations:

[www.barreovergarage.com](http://www.barreovergarage.com) [www.facebook.com/barreovergarage](https://www.facebook.com/barreovergarage) [www.instagram.com/barreovergarage](https://www.instagram.com/barreovergarage)

<https://barreovergarage.punchpass.com/> <https://linktr.ee/barreovergarage>

I hereby affirm that I have read and fully understand the above.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_