



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, Zumba®, Boomers & Beyond™, exhiLarate™, aqua fitness and/or personal training offered by Lara Foldvari, Principal, YoLarates™, LLC. 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.

In consideration of my participation in the exercise program offered by YoLarates™, LLC, I, \_\_\_\_\_ for myself, my heirs and assigns, hereby release Lara Foldvari (YoLarates™, LLC, its employees, owners, and any locations where services are rendered), 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 YoLarates™, LLC and I, \_\_\_\_\_, hereby release Lara Foldvari/YoLarates™, LLC 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 and any other illness, soreness or injury however caused, occurring during, or after my participation in the exercise program.

If I am unable to give at least 12-hours 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.

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. YoLarates™, LLC follows the Cheshire, CT public school calendar and, in the case of inclement weather, their closings/delays/early dismissals.

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

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

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