

I have enrolled in the fitness programs offered by Light On Yoga Fitness and 106 Jefferson. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition that would prevent or otherwise limit my full participation in this physical program. In addition, I am fully aware of the risk involved in participating in this fitness program including but not limited to physical injury or even death. I hereby elect to voluntarily participate in this program knowing the physical activity may be hazardous to me. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISK OR LOSS, INCLUDING BOTH PROPERTY DAMAGE, AND PERSONAL INJURY, AS A RESULT OF PARTICIPATING IN THIS PROGRAM. I hereby waive, release, discharge and covenant not to sue The instructor, Light On Yoga Fitness and 106 Jefferson from any and all liabilities. I agree that those listed above shall not be liable or responsible for any injuries to me which may occur as a result of my participation in any activity, class, program, or instruction. It is also my expressed intent that this waiver and release shall also be deemed a full waiver, release, discharge and covenant not to sue insofar as my aforementioned family members and personal representatives are concerned. I hereby further agree, waiver and release shall be constructed in accordance with the laws of the state of Alabama.

SIGN: _____