

Agreement of Release and Waiver of Liability

I, _____, hereby agree to the
print name
following:

1. That I am participating in the Wellness & Fitness Classes, Workshops or Programs offered by Just Us Women Productions, LLC and instructed by Tamara Wrenn during which I will receive information and instructions about wellness, health & fitness. I recognize that fitness programs are physically exerting and strenuous and may cause physical injury and I am fully aware of the potential hazards and risks.
2. I understand that I am responsible for consulting a physician prior to, and in regard to, participating in the Wellness & Fitness Classes, Workshops or Programs. I represent and warrant that I am physically fit and have no medical condition that would prevent my full participation in the Fitness Classes, Workshops or Programs.
3. In consideration of being permitted to participate in the Wellness & Fitness Classes, Workshops or Programs I agree to assume full responsibility for any risks, injuries, or damages, known or unknown which I might incur as a result of participating in the Wellness & Fitness Classes, Workshops or Programs.
4. In consideration of being permitted to participate in the Wellness & Fitness Classes, Workshops or Programs I knowingly, and voluntarily, waive any claim I may have against Just Us Women Productions, LLC, its staff or independent contractors, for injury or damages that I may sustain as a result of participating in the program.
5. I, my heirs or legal representatives' forever release waive, discharge and covenant not to sue Just Us Women Productions, LLC, its staff or independent contractors, for any injury or death caused by their negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to its terms and conditions stated above.

Participant signature: _____ Date: _____

If participant is under 18:

As legal guardian of _____, I consent to the above terms and conditions.

Date: _____ Signature of Parent or Guardian _____