

WAIVER & CONSENT FORM FOR ELECTRIK BODY™LLC FITNESS SERVICES

By signing below, I do hereby voluntarily consent to do exercise programs with Elektrik Body™LLC which includes Electric Muscle Stimulation fitness regimens.

I, the undersigned, knowingly and voluntarily assume any and all risks of, and take full responsibility for, any personal injury, death and/or damage to personal property that may arise from services and/or products received by me in connection with Elektrik Body™LLC Fitness Studio, online, in home. You also hereby make a contractual commitment not to share with any third party any instructional information you receive in connection with any sessions you take part in while working with Elektrik Body™LLC. I understand that the services listed above are a form of physical activity with the purpose of increasing my body awareness, core strength, balance, breath control, overall strength and flexibility, and postural alignment. The exercises may be done on a mat or with quality equipment designed for this purpose. I understand that whether I am working in a private or semi-private session, my instructor has my best interests in mind, and I will communicate if an exercise is uncomfortable at any time. I agree to listen to my instructor and heed all warnings, cautions and instructions during all workouts to ensure my safety. I understand that exercise with the equipment has risks, I accept these risks, and do not hold the instructor or studio responsible should any injury result in relation to the equipment or work performed by Elektrik Body™LLC. I do not hold Elektrik Body™LLC responsible for any physical ailments as a result of workouts in the studio, or as a result of any exercises performed outside the studio. I recognize that this repertoire of exercises carries some risk to the muscular skeletal system (sprains, strains) and the cardiorespiratory system (dizziness, difficulty breathing, heart strain). I hereby acknowledge and accept these risks. I agree to inform my instructor immediately should I start feeling unwell during exercise. To my knowledge, I have neither limiting physical conditions nor disability that would preclude an exercise program. I hereby certify that I know of no medical problem (other than those noted below) that would increase my risk of illness or injury as a result of participation in an electric muscle stimulation exercise program. Elektrik Body™LLC recommends obtaining a physician's approval prior to involvement in a progressive exercise program.

Please list, date, and describe all relevant medical injuries/surgeries/physical abnormalities (if any):

24-hour Cancellation Policy: Elektrik Body™LLC enforces a 24-hour cancellation policy. Due to the nature of scheduled group and private workouts, it is important to your instructor and fellow exercising partners that you attend every session you schedule.

For this reason, if you do not contact the studio (phone/email) 24 hours in advance to cancel your appointment, you will be charged the full amount for that session. In addition, if you arrive late to your session or must leave early the full charge for the 45-minute class applies. Exceptions to the late charge policy are up to the discretion of Elektrik Body™ LLC only and are non-negotiable.

_____ Initial here to acknowledge that you understand and agree to the 24-hour cancellation policy.

I have carefully read and understand all the above information and am fully aware of what I am signing. I acknowledge that this is a release of all liability.

Signature: _____ Today's Date: _____

Name (print): _____ Date of Birth: _____

Mailing Address:

Telephone: _____ Email: _____

Emergency Contact: _____ Telephone: _____

Training Policies

Payment : All services are payable at the time or in advance and are non-refundable, except by mutual agreement.

Elektrik Body™ LLC accepts cash, credit cards, check payment, Venmo and/or payment may be made online to Elektrikbody.com. Payment may be made per exercise session or purchased in advance for a credit for multiple sessions.

Your session: All private or semi-private sessions are approximately 45 minutes; group classes may be longer. Elektrik Body™ LLC encourages you to arrive on time. All equipment will be provided by Elektrik Body™ LLC. Please provide your own water bottle. If online, all clients must provide their own equipment.

For your own comfort, we recommend you do not eat heavily 2 hours before your workout.

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