

RYDERS

Spin - Barre

Waiver and Informed Consent

I am aware that health and fitness activities may range from vigorous cardiovascular activity (e.g. aerobic activity such as cycling, jumping, use of weights) to the strenuous exertions of strength training (e.g. free weights, tubing, stability balls, gliding discs). I understand that participating in these and other physical activities with Ryders Spin - Barre Studio involve certain inherent risks, including but not limited to, death, serious neck and spinal injuries resulting in complete or partial paralysis, heart attacks, and injury to bones, joints or muscles. My participation is voluntary with full knowledge of such inherent participatory dangers and I hereby agree to assume any and all inherent risks of property damage, personal injury or death.

In consideration of my participation with Ryders Spin - Barre Studio, it's owners, employees and agents, from any and all present and future claims resulting from ordinary negligence on the part of Ryders Spin - Barre Studio for personal injury or death. This includes all claims arising as a result of using the facility/home and equipment, engaging in activities with or any activities incidental thereto. On behalf of myself, my family, estate, heirs or assigns, I hereby voluntarily waive any and all claims resulting from ordinary negligence.

Signature _____ Date _____

Printed Name _____