



1. **I understand and am aware that strength, flexibility and aerobic exercise, including the use of equipment, is a potentially hazardous activity.** I have been advised and understand that fitness activities, including but not limited to pilates, barre exercises and suspension fitness and using suspension equipment, dumbbells and all other equipment, including but not limited to yoga mats, fitballs and TRX suspension system, involve a risk of injury, especially to people who have preexisting injuries, illness or medical disabilities. I understand and am aware that these exercises described herein will be conducted without shoes and bare foot. I am voluntarily participating in these activities and using all the equipment, suspension equipment and machinery with knowledge of the dangers involved. **I hereby agree to expressly assume and accept any and all risks of injury or even death.**
2. I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would prevent my participation or use of all equipment, suspension equipment and machinery. I do hereby acknowledge that I have been informed that a medical evaluation is advisable before participation in an exercise/fitness activity or in the use of all exercise equipment, suspension equipment, dumbbells and machinery. I acknowledge that I have either had a physical examination and have been given my physician's permission to participate, or that I have decided to participate in activity and use of all equipment, suspension equipment, dumbbells and machinery without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of all equipment and machinery in my activities. **I understand it was my responsibility to fully inform True40 LLC, The University of Alabama and their affiliates, including trustees, employees and agents, of any physical condition or disability which would prevent or limit my participation in an exercise or physical conditioning program. I understand that True40 nor its officers, shareholders, employees, including but not limited to coaches, trainers, teachers, sales officers, trainees and contractors, or The Board of Trustees of the University of Alabama for the University of Alabama at Birmingham and their affiliates, including its officers, employees and agents, are engaged in diagnosing or treating medical disease or deficiencies.**
3. I expressly assume all risks of my participation in all exercise programs conducted by True40 LLC, The University of Alabama and their affiliates, including trustees, employees and agents, and **hereby waive, release and forever discharge any claim which might otherwise be brought against True40, its officers, shareholders and employees, including but not limited to coaches, trainers, teachers, sales officers, trainees and contractors, and The Board of Trustees of the University of Alabama for the**

University of Alabama at Birmingham, and their affiliates, including its officers, employees and agents, as a result of injuries resulting from or relating to my participation in all exercise programs, conditioning programs, in any activities, or use of all equipment, suspension equipment or machinery.

4. I expressly permit and allow True40 LLC, its officers, shareholders and employees, including but not limited to coaches, trainers teachers, sales officers, trainees and contractors, and The University of Alabama and their affiliates, including trustees, employees and agents, **to use my image publically, either photographically or videographically, images or movies, in such avenues as the True40 LLC or the University of Alabama at Birmingham website, on social media, in advertising and any and all forms of marketing** as seen fit by True40 LLC or the Board of Trustees of the University of Alabama for the University of Alabama at Birmingham its officers, shareholders and employees, including but not limited to coaches, trainers teachers, sales officers, trainees and contractors.
5. I understand that True40 LLC and The Board of Trustees of the University of Alabama for the University of Alabama at Birmingham and their affiliates, including its officers, employees and agents, are not responsible for any articles lost, stolen or damaged in or about the studio. I understand that the storage cubbies are opened to the public and do not have a lock.