

Dandy-Lion Boutique Pilates and Fitness
Studio Indemnity Form

I _____, acknowledge that participation in the fitness classes and activities at Dandy-Lion Boutique Pilates and Fitness Studio involves the risk of personal injury, including the risk of serious injury or death.

In consideration of being allowed to participate in the fitness classes and activities, I agree to the following:

1. I understand and acknowledge that there are inherent risks associated with physical exercise and fitness activities, and I voluntarily assume full responsibility for any and all risks of personal injury, including the risk of serious injury or death, that may be sustained by me as a result of participating in the fitness classes and activities at Dandy-Lion Boutique Pilates and Fitness Studio.
2. I agree to release, indemnify, and hold harmless Dandy-Lion Boutique Pilates and Fitness Studio, its owners, instructors, employees, and agents from and against any and all claims, suits, demands, or causes of action, including, but not limited to, those for personal injury, property damage, or wrongful death arising out of or related to my participation in the fitness classes and activities at Dandy-Lion Boutique Pilates and Fitness Studio.
3. I certify that I am physically fit and have no medical condition that would prevent my full participation in the fitness classes and activities at Dandy-Lion Boutique Pilates and Fitness Studio. I agree to assume full responsibility for any and all risks, injuries, or damages, known or unknown, which might occur as a result of my participation in the fitness classes and activities.
4. I understand that it is my responsibility to consult with a physician before participating in any fitness program and to inform the instructor of any medical conditions, physical limitations, or medications that I may be taking.

By signing below, I acknowledge that I have read and fully understand the terms of this indemnity form, and I _____ agree to be bound by its terms.

Client's Name: _____

Client's Signature: _____

Date: _____

Please fill in this form, save it and email it to info@dandylionfitness.co.za