

SCULPT FUSION

PARTICIPANT WAIVER, RELEASE OF LIABILITY & ASSUMPTION OF RISK

PLEASE READ CAREFULLY. By signing, I acknowledge that fitness activities involve risk and I agree to the release of claims arising from ordinary negligence to the fullest extent permitted by California law.

1. VOLUNTARY PARTICIPATION

I voluntarily participate in Sculpt Fusion classes, training, events and related activities, including mat Pilates, sculpt, strength/resistance training, core, glute/leg, upper-body, full-body, yoga, mobility/stretching, cardio/power movements, heated or hot classes, and use of fitness equipment including weights, bars, bands, ankle weights, sliders, rings, balls and blocks.

2. ASSUMPTION OF RISK

I understand exercise may involve soreness, strains, sprains, joint or back injury, falls, overexertion, dizziness, fainting, nausea, abnormal heart-rate or blood-pressure response, aggravation of pre-existing conditions, serious injury and, rarely, death. I knowingly and voluntarily assume the inherent and other risks of participation, except risks that cannot legally be waived.

3. HOT / HEATED CLASSES

I understand heated classes involve added risks including dehydration, cramping, dizziness, fainting, nausea, rapid heart rate, heat exhaustion and heat illness. I am responsible for hydration, taking breaks, modifying or stopping activity when needed, and notifying the instructor if I feel unwell.

4. HEALTH & PERSONAL RESPONSIBILITY

I am responsible for determining whether I am physically able to participate, following any medical restrictions, choosing appropriate weights/resistance, using equipment safely, and stopping if I experience pain, chest pain, unusual shortness of breath, dizziness, faintness or other concerning symptoms. Sculpt Fusion instructors do not provide medical diagnosis or treatment.

5. RELEASE OF LIABILITY

To the fullest extent permitted by California law, I release and discharge Sculpt Fusion and its owners, instructors, employees, independent contractors, agents, volunteers, property owners, successors and assigns from claims for personal injury, death or property damage arising from my participation, including claims arising from ordinary negligence. This waiver does not release gross negligence, reckless or intentional misconduct, or any liability that California law does not permit to be waived.

6. CHILDREN / MINORS AT THE STUDIO

If I bring a child or minor to Sculpt Fusion, I understand that **the child remains under my supervision and responsibility at all times.** Sculpt Fusion and its owners, instructors and staff are not responsible for supervising, monitoring or caring for my child. Children may not enter active workout areas, use fitness equipment, or behave in a way that disrupts, distracts or interferes with class. I agree to immediately address any disruption and, if necessary, remove the child from the class area.

7. STUDIO RULES & PERSONAL PROPERTY

I agree to follow Studio safety rules, instructor directions and equipment procedures. Sculpt Fusion is not responsible for lost, stolen or damaged personal property except where liability cannot legally be waived.

8. ACKNOWLEDGMENT

I have read and understand this waiver, understand that I am giving up certain legal rights, and sign it freely and voluntarily. This agreement is governed by California law, and any unenforceable provision will be severed while the remainder stays in effect.

Participant Full Name _____

Signature _____

Date _____

If participant is under 18: Parent/legal guardian confirms authority to sign on behalf of the minor to the extent permitted by California law.

Parent / Guardian Name & Signature _____

Electronic acceptance, including typing a name, drawing a signature or checking an acceptance box, is intended to serve as an electronic signature to the extent permitted by law. General business-use form; periodic review by California counsel is recommended.