

ZenLates Virtual Studio  
A product of ZenLates Training Systems, LLC  
Liability Waiver and Photo Release

I, \_\_\_\_\_, have enrolled in an ONLINE program offered through ZenLates Training Systems, LLC. I recognize that the program may involve Yoga, Pilates and Fitness related movements considered strenuous. Such movements include, but not limited to; muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness, mind/body activities. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program. I have consulted a medical professional for any medical clearance I may require. I acknowledge that my enrollment and subsequent participation is purely voluntary and is in no way mandated.

I understand that I am responsible for the care and safety of my minor child during my participation in all ZenLates Training Systems, LLC Programming and I understand the risks related to having a minor child in a fitness program; said child has also completed the appropriate waiver which I have signed on their behalf.

In consideration of my participation in this program, I hereby release ZenLates Training Systems, LLC from any claims, demands, and causes of action as a result of my voluntary participation and enrollment. I fully understand that I may injure myself as a result of my enrollment and subsequent participation in this program and I hereby release ZenLates Training Systems, LLC from any liability now or in the future for conditions that I may incur.

I hereby release ZenLates Training Systems, LLC from any claims that may arise in the future as the result of injury or loss I suffer as the result of negligence by ZenLates Training Systems, LLC in the provision of services to me. These conditions may include, but are not limited to, heart attacks, strokes, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, injuries to knees or other joints of the body, injuries to back or neck, injuries to a foot, heat prostration, or any other illness or soreness that I may incur, including death.

I understand that by signing this statement, I am agreeing not to hold ZenLates Training Systems, LLC and its instructors, owners, agents or insurers responsible for any bodily injury or property damage that I may suffer as a result of my participation in a fitness program. As such, I understand and agree that the training program, its instructors, owners, agents or insurers shall not be liable for any bodily injury or property damage that may result either directly or indirectly from my participation in the program.

Signature: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

If under 18 years of age; Parent/Guardian name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

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Photo Release:

ZenLates Training Systems, LLC periodically does broadcast streaming services which are recorded and uploaded for future viewing purposes by all participants. I hereby grant ZenLates Training Systems, LLC permission to use my likeness in its publications, including website entries, without payment or any other consideration. I understand and agree that these materials will become the property of ZenLates Training Systems, LLC and will not be returned. In addition, I waive the right to inspect or approve the finished product, wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the video broadcast. I hereby hold harmless and release and forever discharge ZenLates Training Systems, LLC from all claims, demands, and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf or on behalf of my estate have or may have by reason of this authorization. I am 21 years of age and am competent to contract in my own name and on behalf of my minor child. I have read this release before signing below and I fully understand the contents, meaning, and impact of this release.

Signature: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

If under 18 years of age; Parent/Guardian name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_