



WAIVER, RELEASE OF LIABILITY, AND ASSUMPTION OF RISK

I, _____, customer, understand that by participating in any type of physical activity such as Zumba, Zumba Toning, Pound Fitness, weights, bootcamp, cardio and stretching, the risk of injury is present and cannot be entirely eliminated. To the best of my knowledge I am in good physical health and fully able to perform within my abilities the classes offered by Active and Anchored, LLC at Studio Z 62 of 136 Church Street, Naugatuck, CT in which I voluntarily choose to participate in during my membership or chosen activity.

I understand that there are risks and dangers associated with the activity and use of the facilities. I will faithfully practice within my physical limits, honor modifications, and listen to my body, being understood that any deviation shall be at my own risk.

I will not hold Erika Bautista, Active and Anchored, LLC as well as any of the instructors as well as agents of Active and Anchored, LLC at Studio Z 62 responsible for any and all causes of actions, suits, debts, damages, judgments, and demand what so ever arising from my participation in the activities or instruction.

I affirm that I alone am responsible for my health. I fully assume all the risks involved are acceptable to me and agree to use my best judgment in undertaking these activities and follow all safety instructions. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against any of the instructors at Active and Anchored, LLC at Studio Z 62.

Please Print

_____	_____
First Name	Last Name
_____	_____
Address	City, State
_____	_____
Email	Cell Phone Number
_____	_____
Signature	Date

18 and Under

If, participant is under the age of 18, Parent/Guardian must sign below.

_____	_____
Signature	Date

Please tell us how you heard about us:

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