



CONFIRMATION AND LIABILITY WAIVER FOR OFF-SITE INSTRUCTION

Your agreement to participate in this private, semiprivate, or group session means that you agree to the following:

- I understand that I have enrolled in a program of strenuous physical activity, including but not limited to, body-conditioning methods and props used during my Pilates and Yoga workouts. I hereby absolve Pilates Louisville LLC (DBA Holly's Pilates Village) and its certified teachers from any responsibility for injuries I might sustain while practicing the Pilates method of body conditioning, Yoga exercise, stretches, or any actions learned with or by Holly's Pilates Village and its teaching team. I hereby release for myself, my heirs and assigns, Holly Holland, owner of Holly's Pilates Village, and the studio and its teachers from any claims, demands, and causes of actions arising from my participation in an exercise program. Agreement to this Confirmation and Liability Waiver will act as a continued agreement to all ensuing sessions and workshops whether in person, via Zoom, or any other video conferencing tool.
- Please download this waiver and attach to an email to barry.pilatesvillage@gmail.com with the words, "I consent" in the message. This will confirm your signature of this agreement. Please keep a copy for your records.
- 24-hour cancellation policy. If you need to cancel, please do so at least 24 hours before your appointed time or you will still be responsible for paying for the session.