

LIABILITY RELEASE PILATES TRAINING 2025



Please take a few minutes to review and sign this release prior to your workout

INSTRUCTOR/TRAINER:

Full Name, level/type & brand of certification

Email Address

Release from Liability for Adults-Online and In-Person Private Programming/Group Classes

This Agreement made this (date). between **Instructor name**, who resides at **Instructor Address**, hereinafter referred to as "Trainer/Instructor", and (name of client). who resides at (Client Address) hereinafter referred to as "Client/Participant".

Whereas, Instructor/Trainer is a certified Pilates Instructor who works with clients online and in-person both of whom must reside in Canada (or if international rephrase to reflect this and make sure your insurance covers you to teach international clients, especially for online training)

Whereas, Client/Participant has retained Trainer/Instructor to act as their Trainer/Instructor to oversee and instruct in an exercise program/classes for the Client/Participant.

Whereas, Trainer/Instructor requires potential clients to sign a release form prior to training.

Now, therefore, for and in consideration of being allowed to participate in fitness classes/sessions and conditioning activities/programs designed and overseen by the Trainer/Instructor, the undersigned participant does hereby release Trainer/Instructor from any liability which may or could occur by reason of any personal injury or property damage suffered by the Client/Participant regardless of the cause or alleged cause of such personal injury or property damage.

The undersigned Client/Participant understands that they will be voluntarily participating in activities which may expose them to some level of risk or injury and the Client/Participant represents that they are aware of the nature of these activities and agrees to accept any and all risks associated with participation in these activities.

The undersigned Client/Participant represents that they are in good health and agrees that unless they notify the Trainer/Instructor in writing that they are unable to participate in any activity due to some physical or mental considerations, they will be allowed to participate in all such programming. Furthermore, in consideration of the Trainer/Instructor allowing them to participate in these activities, they agree to hold the Trainer/Instructor harmless and indemnify Trainer/Instructor against loss from any and all claims of negligence, demands, rights, or causes of actions of any kind or nature that may hereafter at any time be made or brought by them or on their behalf for any known or

unknown ,foreseen or unforeseen bodily or personal injuries,damages to property and consequences thereof which may be sustained by them as a direct or indirect result of participating in the aforementioned fitness and training activities.

By signing below,I acknowledge that I have read the foregoing release in its entirety and understand that I am signing a complete and perpetual release and bar any and all claims of negligence as defined above resulting from my participation in the activities described above.

Name: _____ **Phone:** _____

Date: _____ **E-mail:** _____

Client signature: _____

Witness signature: _____

Thank you for taking the time to
complete this waiver



We can't wait to train you and
watch you fall in love with Pilates!