

TRI-FECTA TRAINING, INC. & REFORM PILATES LLC.  
d/b/a/ Sculpt & Reform Studio

Name\_\_\_\_\_

E-Mail\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_

Day Phone\_\_\_\_\_ Ev. Phone\_\_\_\_\_

Birthdate\_\_\_\_\_

I, \_\_\_\_\_, volunteer to participate in either or both TRI-FECTA TRAINING, INC. & REFORM PILATES, LLC (each a "Trainer" and collectively, the "Trainer"), Pilates/personal training/sports conditioning/triathlon program (the "Programs") and attest that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in either or all of the Programs. I further acknowledge there are hazards which may exist in any exercise/training program and I accept all risks involved in either or all the Programs.

I, for myself, my heirs and assigns, hereby waive and release each Trainer and their respective employees, agents, shareholders, members, directors, managers and officers, from any claims, demands, and cause of action, now or in the future, arising from my participation in any of the Programs. I acknowledge and agree that each Trainer and their respective employees, agents, shareholders, members, directors, managers and officers are exempt from any and all liability for any loss or damage to personal property or injury or disability that I may incur during or as a result of my participation in any Program.

I agree not disclose, disseminate, copy, use or permit any other person or entity to disclose, disseminate, copy or use any Program information or materials of each Trainer. Program information or materials mean and include any of the information created, developed, owned, licensed, held or used by either Trainer that is disclosed to or otherwise received by the undersigned in any oral, written or electronic form, or which is visually or audibly perceived by the undersigned, including, but not limited to, any confidential or proprietary information of or related to any of the Programs of either Trainer.

Signed\_\_\_\_\_

Date\_\_\_\_\_

Print Name\_\_\_\_\_