

Fitness Studio General Rules/Waiver and Release Form

FIT2ACORE LLC is a privately held and managed fitness studio serving the wellness needs of our clients and guests. We ask that all participants using the studio follow the guidelines and procedures below for the safety of participants, to maintain the equipment, and to assure overall cleanliness of the facility. Please note that from time to time we may find it necessary to amend or add to these rules and guidelines. All amendments to these rules and guidelines are effective immediately. Rules and guidelines may also be orally communicated to you or posted on signs in the studio. Please review and familiarize yourself with them and contact the studio if you have any questions. We reserve the right to revoke or suspend any individual's access to our facility and/or their participation in conducted fitness training classes/events if that individual fails to follow the rules and regulations or for any reasons of nuisance, disturbance, moral turpitude, fraud, or non-payment.

A. General Rules for Fitness Studio Use

Participants are asked to adhere to the following guidelines:

- Participants must report injuries to either 911.
- A first aid kit can be found in the unisex bathroom.
- Please show respect for the equipment, facility, and toward others using the studio.
- Do not move or rearrange the equipment unless otherwise permitted or instructed.
- No horseplay or loud offensive language will be tolerated.
- Please do not drop or throw the weights.
- Proper attire is required at all times: shirts and athletic shoes must be worn. No sandals, open-toe shoes, or bare feet are allowed. Please make sure your athletic shoes are clean and not soiled before stepping out onto the workout floor.
- Plastic water bottles are allowed. All other drinks, food, and glass containers are not allowed.
- The use of photographic equipment to take pictures of any person in the fitness studio is prohibited without their consent. Note: each participant is requested to sign a FIT2ACORE LLC Consent Form for Photographs occasionally taken by FIT2ACORE LLC personnel or their agents for use in marketing, social media, and our website. However, you are not required to sign the photography consent form.
- Please assist us by wiping off equipment after use with the sanitizer(s) that are provided. Please pick up trash, towels, and personal belongings before leaving. Try to leave the studio in better condition for the next class than when you arrived.
- Consult your physician prior to undertaking exercise in the studio.
- Park only in the designated visitor parking spaces. Do not park your vehicle directly in front of the studio door.

B. Waiver and Release (Must be completed and on file prior to using the FIT2ACORE LLC Studio)

I, the undersigned, have read and understand the General Rules for use of the FIT2ACORE LLC Fitness Studio. I acknowledge a full understanding of the inherent dangers and risks associated with the use of this facility and/or any fitness/wellness activity occurring therein.

I acknowledge that participation in this facility is strictly voluntary and has not been requested or required by any other party.

I acknowledge it is recommended that I seek approval from my physician before implementing an exercise regimen, as there may be significant health risks associated with exercising. I also understand that injury or death may result if equipment is not used properly.

