



AGREEMENT OF RELEASE & ACTIVITY WAIVER OF LIABILITY

THIS WAIVER AND RELEASE SPECIFICALLY INCLUDES ANY AND ALL NEGLIGENCE, BY WAY OF ACTION OR INACTION, BY ANY AGENTS AND/OR EMPLOYEES OF CANVAS PILATES, LLC.

1. I will receive information, training, and instruction while participating in Pilates and other forms of exercise & movement (the "Activity") offered by CANVAS PILATES, located at 270- 2025 W 42nd Avenue, Vancouver, BC V6M2B5

2. I HEREBY ACKNOWLEDGE AND UNDERSTAND THAT THERE ARE DANGERS AND RISKS INHERENT IN ALL PHYSICAL CONDITIONING DISCIPLINES AND ACTIVITIES, INCLUDING THE RISK OF SERIOUS PERSONAL INJURIES, PARALYSIS, AND DEATH. I am fully aware of the risks and hazards involved. I agree to accept and assume full responsibility for all risks, injuries, or damages, known or unknown, which I may incur as a result of participating in the Activity offered by CANVAS PILATES.

3. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Activity with CANVAS PILATES. I represent and warrant that I am physically fit and have no medical conditions that would prevent my full participation in the Activity offered by CANVAS PILATES.

4. IN CONSIDERATION FOR MY BEING ALLOWED TO PARTICIPATE IN THE ACTIVITIES: a. I, on behalf of myself, my family, heirs, successors, assigns, and anyone claiming any interest through me, hereby KNOWINGLY, INTENTIONALLY AND VOLUNTARILY WAIVE, RELEASE, INDEMNIFY AND AGREE TO HOLD HARMLESS CANVAS PILATES, all landowners and/ or agencies on whose property (owned, leased or otherwise) the Activities take place, and all sponsors, and all officers, directors, employees, volunteers, agents, successors, assigns and representatives of CANVAS PILATES (collectively referred to as the "Released Parties") FROM ANY AND ALL ACTIONS, SUITS, CLAIMS, DAMAGES, AND LIABILITY (INCLUDING ATTORNEY FEES AND COSTS), THAT I, my family, heirs, successors, assigns, and anyone claiming any interest through me, MAY HAVE FOR ANY DAMAGE, INJURY, PARALYSIS, LOSS, OR DEATH TO MYSELF OR ANY OTHER PERSON OR PROPERTY ARISING OUT OF MY PARTICIPATION IN THE ACTIVITIES, whether such damage, injury, paralysis, loss, or death results from NEGLIGENCE of any of the Released Parties or from some other cause. I understand and explicitly agree that neither I, my family, heirs, successors, assigns, or anyone claiming any interest through me, will bring any legal action whatsoever against any of the Released Parties as a result of any such damage, injury, paralysis, loss, or death to myself or any other person or property that arises out of my participation in the Activities.

I HAVE READ THE ABOVE RELEASE AND ACTIVITY WAIVER OF LIABILITY AND FULLY UNDERSTAND THE CONTENTS. I KNOWINGLY AND VOLUNTARILY AGREE TO THE TERMS AND CONDITIONS STATED ABOVE.

By signing this waiver, I agree to the above terms and conditions

Sign here:

Date:

Print First name/Last Name