

# Waiver of Liability for Virtual Fitness Classes

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I am voluntarily participating in this exercise class/program taught by Karen Kay. I hereby understand and acknowledge that it is my responsibility to consult with a physician before beginning the exercise class/program, be in good physical condition and be able to participate in the exercise.

I hereby understand and acknowledge that this class/program taught by Karen Kay requires physical exertion that may expose me to many inherent risks, including accidents, injury, illness, or even death. Such injuries may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees or back or feet, or any other illness or soreness.

I assume all risk of injuries to myself that are associated with participation of this exercise class/program, and agree to voluntarily and expressly waive any claim I may have against Karen Kay for injury or damages that I may sustain as a result of participating in the program. I, my heirs or representatives forever release, waive, discharge and covenant not to sue Karen Kay for any injury or death caused by their negligence or other acts.

I hereby release and discharge Karen Kay, Fifty Shades of Pinkness, POP Pilates and Blogilates from any and all claims or causes of action, unknown or known, arising out of Karen Kay's, Fifty Shades of Pinkness's, POP Pilates's, and Blogilates's negligence.

**I also understand that any recording of this class/program, including audio or visual, is prohibited.**

By joining a live or recorded class, I confirm that I have read and fully understand the above disclaimer, am in complete agreement thereto, and do freely and without duress consent to all terms contained herein.