

Atlas Pilates LLC  
2612 3<sup>rd</sup> Ave  
Seattle, WA 98121



### **Release and Waiver of Liability**

The Participant is aware that practicing Pilates Method of exercise may result in accident or injury, and understands, acknowledges and assumes the risks associated with exercise in the Atlas Pilates studio. The Participant declares their own good health and suffers from no known physical impairment which would limit their use of Atlas Pilates apparatus or facilities. Participant acknowledges that Atlas Pilates has not and will not render any medical services, including medical diagnosis of Participant's physical condition.

Participant specifically agrees that Atlas Pilates, its officers, employees, and agents, shall not be liable for any claim, demand, cause of action of any kind whatsoever for, or on account of death, personal injury, property damage or loss of any kind, resulting from or related to Participant's use of the facilities or participation in any exercise or activity within or without the Atlas Pilates premises, and Participant agrees to hold Atlas Pilates harmless from same.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

---

Participant Signature

Date

---

Print Name