



**Personal Information:**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_ Relationship to emergency contact: \_\_\_\_\_

Email: \_\_\_\_\_

**Liability Waiver:**

I, the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in any exercise program may be injurious to my health, am voluntarily participating in physical activity with InnerSol Yoga & Cycle, LLC .

Having such knowledge I hereby release InnerSol Yoga & Cycle, LLC, representatives, agents, and successors from liability for accidental injury or illness which I may incur as a result of participating in the said physical activity. I hereby assume all risks connected therewith and consent to participate in said program.

I agree to disclose any physical limitations, disabilities, ailments, or impairments which may affect my ability to participate in said fitness program.

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature of parent or guardian if the above is under 18: \_\_\_\_\_

Disclosed Information/injuries/health concerns: \_\_\_\_\_