

FIT4MOM Alexandria Waiver

It is recommended that you wait 6 weeks after the birth of your baby to start any class, ALWAYS get your physician's approval before beginning any exercise regimen.

PHOTO WAIVER

Fit4Mom Alexandria Instructors and Playgroup Captains frequently take photos, videos, boomerangs, time lapses, etc. (hereafter "images") before, during, and after Fit4Mom classes. These images are used for social media posts and other promotional materials. We would love to show you and/or your child or children in these images. If we do not hear from you, we assume you consent to our using images that include you and/or your child or children. If you do not want your image or the image of your child/children taken or used please let the Instructor and Playgroup Captain know before class begins. The Instructors and Playgroup Captains will do their best to respect your wishes. If we make a mistake, please let us know so we can take the image you are uncomfortable with down. Initial & Date: _____

COVID-19

I agree to adhere by the following guidelines for attending any and all in-person FIT4MOM Alexandria classes:

- 1) I will stay home if family members or myself have symptoms of fever, cough, shortness of breath, or ANY symptom of an illness that could potentially be spread to a fellow mom or instructor.
- 2) I will not share, lend out, or borrow any equipment.
- 3) I will maintain social distance, remaining at least 6 feet away from instructors and fellow members at all times.
- 4) I agree to keep all children under 5 in my stroller at all times and understand that any child over 5 needs to remain at my "home base" station for the duration of the workout.
- 5) I understand that if I (or my children) are unable to adhere to social distancing guidelines I will be asked to leave class.

- 6) I will not attend in-person classes if any of my family members have been diagnosed with COVID-19 or exposed to anyone diagnosed with COVID-19 within the last 30 days.

Rgr That MaMa, LLC (hereinafter "FIT4MOM Alexandria") cannot be held liable for any exposure to the COVID-19 virus. I assume all risks associated with participation in fitness classes being offered. By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending FIT4MOM Alexandria classes and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at FIT4MOM Alexandria ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless FIT4MOM Alexandria, its employees, agents, and representatives, of and from the Claims,

including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. Initial & Date: _____

LIABILITY

I agree to assume all risks associated with the participation in activities led by FIT4MOM, Stroller Strides, LLC or its independent franchisees or instructors. Activities are physically demanding and strenuous which may result in accident, injury or other physical harm. I also agree to hold Fit4Mom, Stroller Strides, LLC, its franchisees, the venue, and the instructor leading the activity, harmless from any and all liability arising from my participation in any Stroller Strides, Fit4Baby, Stroller Barre, Body Back , Strides 360, Body Ignite or any future Fit4Mom program. Initial & Date: _____

Those participating in programs or classes, if you are pregnant or become pregnant any time during the program please alert the instructor and owner. Initial & Date: _____

I ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY AND EXPRESS ASSUMPTION OF RISK AGREEMENT. I AM AWARE AND AGREE THAT BY EXECUTING THIS WAIVER AND RELEASE, I AM GIVING UP MY RIGHT TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST FIT4MOM or STROLLER STRIDES, LLC FOR ITS NEGLIGENCE. I HAVE READ AND VOLUNTARY SIGNED THIS WAIVER AND RELEASE AND FURTHER AGREE THAT NO ORAL REPRESENTATIONS, STATEMENTS, OR INDUCEMENT APART FROM THE FOREGOING WRITTEN AGREEMENT HAVE BEEN MADE. Initial & Date: _____

Participant’s Release: I am freely signing this Waiver and Release. I affirm that I am at least 18 years old. I have read this form carefully and fully understand that by signing this form, I am giving up legal rights and remedies that may otherwise be available to me. Initial & Date: _____

Signature: _____ Date: _____

Print Name: _____