DANCE INSTITUTE

PILATES MAT LIABILITY WAIVER

As the participant or the parent/legal guardian of the participant signing below, I have voluntarily elected to participate (or have my child participate) in a dance and/or fitness training program at the facilities of Holland Dance Institute, LLC dba Dance Institute ("Dance Institute"). I acknowledge that, as with other athletic activities, there are risks inherent in dance and fitness training including, without limitation, the risk of injury to bones, joints, tendons, ligaments and muscles. If I/my child experience(s) an injury or I have concerns about a possible injury, I should and will promptly consult a physician and notify my/my child's instructor at Dance Institute.

By signing below, I assume the risks related to dance and/or fitness training at Dance Institute. I hereby release Dance Institute and its instructors, officers, managers, agents, volunteers, and employees (collectively, "Agents") from, and agree to indemnify and hold them harmless against, all claims (including claims of negligence), demands, actions, damages, liabilities, and expenses (including reasonable attorneys' fees) (collectively "Claims") arising out of or resulting from the dance and/or fitness training and the use of the Dance Institute facilities (including, without limitation, personal injury and the loss or destruction of personal property).

Emergency Medical Assistance

In the event I (or my child) were to become ill or sustain an injury requiring emergency assistance, I authorize any Agent of Dance Institute to seek emergency medical assistance that, in Dance Institute's sole discretion, may be necessary for me or my child (as applicable), and to arrange or provide transportation to a medical facility. In that event, I agree to pay (or cause my insurance carrier to pay, if applicable) the costs associated with such emergency medical assistance. I hereby release Dance Institute and its Agents from, and agree to indemnify and hold them harmless against, all Claims resulting from such emergency medical assistance, if provided to me/my child or arranged for my/my child's benefit by Dance Institute.

Class Purchase and Expiration Policy

I acknowledge and agree that all Pilates mat class purchases from Dance Institute, including single drop-in classes and 5-class, 10-class, and 20-class cards, expire two (2) months (60 days) from the date of purchase. Any unused classes remaining after the expiration date will automatically expire and be forfeited. Expired classes may not be carried over, transferred, refunded, or exchanged. It is the participant's responsibility to use all purchased classes within the applicable expiration period.

I HAVE CAREFULLY READ THE ABOVE LIABILITY WAIVER, I FULLY UNDERSTAND ITS CONTENT AND SIGNIFICANCE, AND AGREE TO THIS WAIVER AND RELEASE IN CONSIDERATION OF ME/ MY CHILD BEING ALLOWED TO PARTICIPATE IN DANCE INSTITUTE'S TRAINING PROGRAMS. I AGREE TO BE FINANCIALLY RESPONSIBLE FOR THE COST OF ENFORCEMENT OF THIS INSTRUMENT. I AGREE TO ABIDE BY THE POLICIES AND RULES OF DANCE INSTITUTE. I AM SIGNING BELOW VOLUNTARILY. IF I AM SIGNING FOR MY MINOR CHILD, I REPRESENT THAT I AM THE LAWFUL GUARDIAN OF SUCH CHILD, WITH AUTHORITY TO GRANT THE CONSENT REFLECTED BELOW.

_____ Date_____, 20____
Participant's Name (please print)

_____
Signature of Participant or Parent/Legal Guardian (if participant is under 18)

_____
Name of Signatory (if different from participant - please print)

DI Pilates Center Guidelines

*To ensure a safe and enjoyable experience for everyone, please keep the following in mind during your **mat class** or **private/duet equipment session**:*

Health & Safety

- Let your instructor know of any **past or current injuries or medical conditions beforehand.**
- Ask for modifications during class to suit your needs and stay safe.

Pilates Props & Equipment

- We recommend **bringing your own mat for classes**, though studio mats are available.
- All other props will be provided. If you'd like to purchase your own, feel free to ask for recommendations.
- For your safety, please use Pilates equipment **only under instructor supervision.**

Attire

- Wear **comfortable, form-fitting clothes** that allow free movement in all directions.
- **Avoid loose jewelry** that could interfere with movement.
- If you wear a hat, **flip the visor backward when lying on your stomach** to support proper neck alignment.
- **Bare feet or grippy socks** are recommended for stability and safety.

Be Mindful of Others

- **Cell Phones:** Silence before entering. If needed, set to vibrate and step outside for calls.
- **Arriving Late:** Enter quietly and close the door gently to avoid disrupting the class.
- **Scent-Free Zone:** Avoid wearing strong perfumes or colognes, as others may be sensitive.
- **Privates/Duet Sessions:** Please **wait in the lobby** if the door to the Pilates room is closed—your instructor may be finishing up another session.

Food & Water

- **No food is allowed in the Pilates or dance rooms.** Candy (even gum) and medicinal lozenges pose a choking hazard while exercising. Please consume these in the lobby only.
- **Water bottles are welcome!**

If you have any questions or suggestions, feel free to reach out.
We're here to help you have the best experience possible—enjoy your workout!

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Class Purchase & Expiration Policy

All class purchases, including single drop-ins and 5-, 10-, and 20-class cards, are valid for two (2) months (60 days) from the date of purchase. Please plan accordingly and make sure to use your classes within this timeframe.

We encourage everyone to take advantage of their class purchases during the allotted time! Any unused classes remaining after the expiration date will automatically expire. Expired classes cannot be extended, carried over, transferred, refunded, or exchanged.

Thank you for being a part of our studio community, and we look forward to seeing you in class!