

CONSENT AND RELEASE

I, _____, am participating in fitness/wellness activities and exercises (the “Activities”) taught and/or supervised by Sonima Elev8ted Fitness LP (“Sonima”). I am aware that the Activities may require physical exertion and may cause physical or other injury to myself and/or others. I am aware of the risks and hazards involved.

I am in good health and suffer from no physical impairment that would limit my participation in the Activities. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Activities. I agree to assume full responsibility for any risks, injuries and/or damages, known or unknown, that I might incur or that I might inflict on others while participating in the Activities.

I understand that photos and video may be utilized for communications efforts to help make the community aware of the positive impact of Sonima’s fitness programs. To that end, I hereby grant Sonima permission to record my name, likeness, voice, image and/or appearance during my participation in the Activities and to use and publish the pictures, video and digital images (collectively “Photographs”) and the like without compensation. I understand that Sonima may use, display or distribute the Photographs in connection with commercial or non-commercial print, film, web, news, social or any other electronic media and in various publications, posters, videos, audio and presentations on Sonima’s website or other related endeavors (the “Projects”), and I waive any right to inspect or to approve any Project that may be created using the Photographs. I acknowledge that Sonima shall exclusively own the copyright and all other rights in the Photographs and may use them in any manner.

I hereby release Sonima, its partners, officers, agents, employees, assigns, and subsidiaries and affiliates, and the members, directors, officers, agents, employees, family members and assigns of any of them (the “Released Parties”) from any and all claims which arise out of or are in any way connected with the rights granted herein, including claims for invasion of privacy, right of publicity, and misappropriation or misuse of image, and including any claims relating to personal injury, death, or loss, whether such damage or personal injury results from the intentional acts, omissions or negligence of any of the Released Parties. I specifically agree that the Released Parties shall not be held 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 my participation in the Activities, whether or not during the Activities’ session or on the premises where the Activities are conducted.

I represent that I have the authority to enter into this Consent and Release and that the rights I have granted above will not conflict with or violate any commitment or understanding I have with any other person or entity. I represent that I am over the age of eighteen (18) years and that I have read this Consent and Release and fully understand its contents. This Consent and Release shall be binding upon me, my heirs, legal representatives and assigns.

Signature: _____

Print Name: _____

Date: _____

Telephone: _____

Address: _____

Emergency Contact Name/Phone: _____