



Waiver and Release from Liability

The images and videos posted to Balanced Body's [social media account] depicting individuals performing exercises and movement are shown for educational purposes only. Some of the exercises and movements you may see, as well as use of the equipment shown, carry inherent risks to physical health. Balanced Body strongly recommends that viewers consult with their physicians, certified Pilates professionals, or other accredited movement professionals before beginning any exercise program, trying any new exercise or movement, or using any unfamiliar exercise equipment.

Based on the foregoing, you hereby assume all risks, and expressly waive any claim of liability against Balanced Body and its shareholders, directors, officers, employees, and independent contractors (the "Released Parties") for any personal or bodily injury or damage, or for any loss or injury to person or property, based on what is posted to Balanced Body's [social media account] or shared by or with others, whether involving Balanced Body(R) equipment, any other equipment, or no equipment (collectively, "Injuries and Losses"). This waiver is intended as a complete release of the Released Parties from any responsibility whatsoever for Injuries and Losses.

Accordingly, you, on behalf of yourself and your family members, trustees, executors, and heirs, (a) agree never to sue or bring any claim against the Released Parties arising out of, related to, or in connection with Injuries and Losses, and (b) shall and hereby do indemnify and hold harmless the Released Parties to the fullest extent permitted by law from any and all claims, liabilities, demands, suits, damages, losses, costs, and expenses (including without limitation reasonable attorneys' fees and costs) related to any such claim.

Check out our website, pilates.com.

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