Getting Fit and Happy with Sarah LLC

Liability Waiver

By participating at a Getting Fit and Happy with Sarah LLC event, I understand that physical exercise can be strenuous and subject to risk of serious injury. I as the participant (and my children if applicable) are urged to obtain a physical examination from a doctor before participating in any exercise activity. I recognize that such physical activity and exertion may be difficult and strenuous and may cause or aggravate a physical injury or medical condition. I agree that I (and my children if applicable) engage in any physical exercise or activity, do so entirely at my own risk. This waiver and release of liability includes, without limitation, all injuries which may occur as a result of participating in one of my personal dance fitness parties. By signing below, you acknowledge that you have carefully read this "waiver and release" and fully understand that it is a release of liability. You expressly agree to release and discharge the Instructor Getting Fit and Happy with Sarah from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against me or my company for personal injury or property damage.

By signing this release, I acknowledge that I understand its content and agree to it.

Participant Name (Please print)	Signature (If Under 18, Parent must sign)	Date