

ASSUMPTION OF RISK, WAIVER AND RELEASE IF LIABILITY AND INDEMNITY AGREEMENT

1. DECLARATION:

- 1.1. This Agreement is entered between Raihan Zafrul (hereinafter is to be known as the "Instructor") and the undersigned (hereinafter is to be known as the "Client"). The provision of training services by the Instructor to the Client, and Client's use of any premises, facilities or equipment during and after the lesson are contingent upon this Agreement.
- 1.2. The Pilates program exists the possibility of certain dangers when exercising which includes abnormal blood pressure, fainting, irregular, fast or slow heart rhythm, and in rare instances, heart attack, stroke or death and any other foreseeable injuries sustainable.
- 1.3. In the event where any of the instances mentioned within clause 1.2 and any other foreseeable health or mental issues arises, the Instructor may stop the exercise session.
- 1.4. Every effort will be made to minimise these risks by evaluation of the preliminary information relating to the Client's health and fitness and by observations during exercise.
- 1.5. In the event where there are any changes to the Client's current health of medication, please notify the Instructor. It is highly recommended that the Client discuss any health issues to a Healthcare Professional prior to commencing any lesson(s) provided by the Instructor

2. ASSUMPTION OF RISK:

- 2.1. The Client agrees that if the Client engages in any physical exercise or activity, including personal training, or enter within the premises or use of any facility or equipment within the premises of the lesson for any purpose, the Client shall do so at your own risk and assume the risk of any and all injury and/or damage that the Client may reasonably occur or suffer, whether while engaging in any physical exercise or not. This includes any foreseeable injuries or damage sustained while and/or resulting from the lessons that is provided by the Instructor from within the premise or facility, or using any equipment, whether provided to the Client from the Instructor or otherwise, including injuries or damage arising out of the negligence of the Instructor, whether active or passive, or any of the Instructor's affiliates, agents, representative and assigns.
- 2.2. The Client's assumption of risk includes, but not limited to, the use of any exercise equipment or facilities within the premises.
- 2.3. The Client assumes the risk of participation of the Pilates lesson provided by the Instructor including but not limited to any exercises that the Instructor deems fit and reasonable for the Client.
- 2.4. The Client agrees that the Client is voluntarily participating in the aforementioned activities and assumes all the risks and injury, illness, damage or loss of personal property that might result, including, without

limitation, any loss or theft of any personal property, whether arising out of the negligence of the Instructor or otherwise.

3. **RELEASE:**

3.1. The Client shall agree on behalf of the Client (and all your personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge the Instructor (and the Instructor's affiliates, related entities, employees, agents, representatives, successors, and assigns) from any and all claims or any cause of action(known or unknown) arising out of the negligence of the Instructor, whether active or passive, or any of the Instructor's affiliates, employees, agents, representatives, successors and assigns.

This waiver and release of liability includes, without limitations, injuries which may occur as a result of:

1. The use of any exercise equipment or facilities which may malfunction or break
2. The use of equipment and facilities that are improperly maintained.
3. Misuse of any equipment provided within the premise
4. Injuries or death where the Client's doctor has on health grounds advised against participating the lesson(s) provided by the Instructor
5. The Client's negligence on failing to observe and comply with instructions by the Instructor on safe of an exercise
6. Any injury caused by the negligence of another participant in the class