

Nichole Ormsby (NLO_Fitness) Client Information and Liability Release Form

Name: _____ Birth Date: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

URP Co. /Office Address: _____

*Email: _____

*If you would like to be added to my email distribution list, please provide email address.

ASSUMPTION OF RISK

I am aware that participation in today's fitness session or any meetings following with Nichole Ormsby and affiliated instructors may be hazardous activity. I acknowledge that a certain minimum level of physical health, strength, fitness, and flexibility will be required. I am voluntarily participating in these activities with knowledge of the risks of injury for which I voluntarily assume.

Release:

As consideration for being permitted to participate in fitness classes and fitness exercises, I hereby agree that I, my assignees, heirs, guardians and legal representatives will not claim against, sue or attach the property of Nichole Ormsby or NLO_Fitness or The Irvine Company LLC ("owner") for injury or damage resulting from my participation in any lesson, class, or activity. I hereby release Nichole Ormsby, NLO_Fitness, and owner from any and all such actions, claims or demands that I, my assignees, heirs, guardians and legal representatives now have or hereafter may have for injury or damage associated with my participation in ANY class, workshop, or private lesson offerings of Nichole Ormsby, NLO_Fitness and owner for all claims, injury damages, or liability suffered by me in connection with my lessons at any location where I have participated.

Individuals hereby acknowledge that before participating in an exercise program that they should consult with a physician. Individuals under eighteen (18) must be accompanied by a parent or legal guardian.

I have carefully read this agreement and fully understand the above contents.

I am aware and agree that it is a complete release of liability voluntarily assumed for my participation in physical fitness and exercising activities with Nichole Ormsby, NLO_Fitness and owner.

Signature: _____ Date: ___/___/___