



**SEDONA SPA HOLISTIC SPA, LLC
IN-PERSON CLASSES, VIRTUAL CLASSES, AND EVENTS
WAIVER AGREEMENT**

Your agreement to participate in in-person classes, virtual classes or events (hereinafter the "Activity") offered or sponsored by Sedona Spa Holistic Spa, LLC means you fully agree to the following:

1. I am at least 18 years of age or have the permission of my legal guardian.
2. I understand that I have enrolled in an activity of potentially strenuous physical activity. Classes include but are not limited to, all workouts, fitness routines, training, camps, or any other form of Sedona Spa Holistic Spa, LLC sponsored Activities led in-person, remotely, by video, group chat, prior recording, video conference or any other electronic means.
3. I understand there is an inherent risk associated with any exercise program, my voluntary participation in the activity offered or sponsored by Sedona Spa Holistic Spa, LLC may result in injury, and that the exercises will challenge my cardio-respiratory and musculoskeletal systems associated with; the aerobic, anaerobic, strength, power, agility, flexibility and breathing components of an exercise program. I understand and am aware that the components of exercise are potentially hazardous activities and may cause injury.
4. I understand that during these Activities, I may receive postural alignment advice especially during a yoga class. I will take responsibility for knowing my own limitations and decide if these directions are good for me, individually. I also understand that when participating in any virtual workout classes, the instructor (and classmates) cannot watch me individually the same way an instructor can in a studio and/or gym and I take responsibility for my movement choices and must make my own arrangements to have someone monitor or spot me in the event I encounter any trouble or voluntarily proceed knowing that it is possible no one else in the class (including the instructor) can see or hear me. I understand these risks are increased if I voluntarily mute my microphone and/or turn off my video.
5. I acknowledge that I have either had a physical examination and/or have been given permission from my physician to participate in the exercise or that I have decided to participate in an exercise program voluntarily and without the approval of my physician and do hereby assume all responsibility for my participation in any exercise or any other activity associated with the Activity.
6. I, my heirs, or legal representatives, do hereby waive, release, agree not to sue, and agree to indemnify and hold harmless Sedona Spa Holistic Spa, LLC, its affiliates, and their shareholders, directors, officers, employees, instructors, agents and representatives from, on and against any and all claims, damages, liabilities and responsibility from injury, accident, illness, death, legal and medical fees sustained now or in the future resulting from my participation in any exercise regardless if it was through the use of the Sedona Spa Holistic Spa, LLC facility or through the Activity.
7. I will abide by all rules and regulations which Sedona Spa Holistic Spa, LLC may from time to time establish regarding use of the the activity and further agree to follow any written or oral instructions or directions given by the virtual class workout instructors, employees, or agents.
8. I certify that I am physically well and suffering from no medical problems, conditions, impairments, diseases, or any other illness that would prevent my participation or increase my risk of injury and/or illness as a result of partaking in any exercise program. I further understand and agree that I will stop exercising if I feel that the exercise is in any way causing any undue discomfort or concerns about my health or risk of an injury.
9. I have read and understood all of the provisions of this Waiver Agreement. This agreement will act as your continued agreement to all ensuing workout classes whether in person, via Skype, Teams, Zoom or any other video conferencing tool.
10. This Waiver Agreement will remain in effect until such time as I may revoke it by written notice to Sedona Spa Holistic Spa, LLC, delivered to its legal representative located at 10104 Valley View St., Buena Park, CA 90620. Upon such revocation, I will not participate in any further Activity. Any such revocation will not affect the application of this Waiver Agreement to any period prior to such revocation.
11. By signing this Waiver Agreement, this Waiver Agreement will be a legally binding contract between me and Sedona Spa Holistic Spa, LLC. This Waiver Agreement is governed by and is to be construed and enforced in accordance with, the laws of the State of California.

PRINTED NAME

SIGNATURE

DATE: _____

FOR SEDONA SPA HOLISTIC SPA, LLC USE: _____