

THE MOTHERHOOD CENTER

C o m e a n d j o i n u s !

To enjoy a complimentary yoga+fitness class,
please kindly fill out this form and bring it in on your first visit.

Name _____

Address _____

City, State _____ Zip _____

Email _____ Phone # _____

Referral / How you heard about us _____

Due Date _____ OBGYN _____

Agreement of Release & Waiver of Liability

By signing this agreement, I hereby agree to the following:

1. That I am participating in the Yoga Class or Health programs offered by The Motherhood Center during which I will receive information and instruction about Yoga and exercise and recognize that the class requires physical exertion which may be strenuous and may cause physical injury, and that I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding participation in the Yoga or exercise class, health program or workshop. I represent and warrant that I am physically fit and I have no medical condition which would prevent my full participation in the class I am attending.
3. In consideration of being permitted to participate in the Yoga class, exercise class, health program or workshop, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.
4. In further consideration of being permitted to participate in the Yoga class, exercise class, health program or workshop, I knowingly, voluntarily and expressly waive any claim I may have against Loving Infant Care, Inc. for injury or damages that I may sustain as a result of participation in the program.
5. I, my heirs, or legal representative forever release, waive, discharge and covenant not to sue Loving Infant Care, Inc for any injury or death caused by their negligence or other acts.

I have read the release and waiver of liability and fully understand it's contents.

I voluntarily agree to the terms and conditions stated.

Signature _____ Date _____

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c l a s s p a s s

Your First Exercise Class is FREE with this Certificate! One Coupon per Customer.
Call 713.963.8880 for current class times or visit us online at www.MotherhoodCenter.com