

DISCOVERING WELLNESS WITH DEANNA LLC WAIVER AND RELEASE OF LIABILITY (In-Person and Virtual Participation) PLEASE READ CAREFULLY – THIS AFFECTS YOUR LEGAL RIGHTS

In consideration of being allowed to participate in fitness, wellness, and exercise programs offered by Discovering Wellness with Deanna LLC (“Company”), including but not limited to in-person classes, virtual sessions (e.g., Zoom), dance fitness, strength training, and related activities (collectively, the “Activities”), I, the undersigned, agree as follows:

1. Assumption of Risk I acknowledge that participation in the Activities involves inherent risks, including but not limited to bodily injury, muscle strain, sprains, falls, heart-related events, or other health complications. I voluntarily assume full responsibility for any and all risks, known or unknown, associated with my participation. 2. Medical Representation I certify that I am physically fit and have no medical condition that would prevent my safe participation in the Activities. I understand it is my responsibility to consult with a physician prior to participation if I have any concerns. I agree to immediately stop exercising if I experience pain, dizziness, shortness of breath, or discomfort. 3. Exercise at Your Own Risk (Virtual & In-Person) I understand that I participate entirely at my own risk. For virtual sessions, I accept full responsibility for ensuring a safe environment, including adequate space, proper footwear, appropriate equipment, and hazard-free surroundings. 4. Waiver and Release To the fullest extent permitted by law, I hereby release, waive, discharge, and covenant not to sue Discovering Wellness with Deanna LLC, its owner, instructors, employees, contractors, agents, and affiliates (the “Released Parties”) from any and all claims, liabilities, demands, damages, costs, or causes of action arising out of or related to any injury, illness, loss, or damage incurred as a result of my participation in the Activities. 5. Indemnification I agree to indemnify and hold harmless the Released Parties from any loss, liability, damage, or costs, including reasonable attorneys’ fees, that may arise from my participation in the Activities. 6. No Guarantees I acknowledge that the Company makes no representations or guarantees regarding results, including but not limited to improvements in health, fitness, or wellness. 7. Media Release (Optional) I grant permission for photographs or video recordings taken during participation to be used for promotional and marketing purposes without compensation. Initial to consent: _____ 8. Governing Law This Agreement shall be governed by and construed in accordance with the laws of the state in which the Company operates.

Acknowledgment and Understanding

I have read this Waiver and Release of Liability in full, understand its terms, and acknowledge that I am giving up certain legal rights, including the right to sue. I sign this agreement voluntarily and without any inducement.

Participant Name (Print): _____

Signature: _____ Date: _____

Emergency Contact Name & Phone: _____