



Informed Consent: Cross-Training Services (Including Pilates, Strength & Conditioning, Targeted Training, etc.)

ASSUMPTION OF RISK:

I understand that engagement in any physical exercise or activity, including cross-training services provided by Carolina Dancer Wellness, carries a risk of soreness or injury. I acknowledge that I am voluntarily participating in these activities and do so at my own risk.

INFORMED CONSENT:

I acknowledge, certify, and accept the following:

The participant is in adequate physical condition to participate in exercise and all medical conditions that may impact this participation have been disclosed.

I assume the risk of injury from participation, advice, instruction, or action conducted during or as a result of a cross-training session.

I am responsible for reporting discomfort, distress, or uncomfortable feelings to the trainer.

I will not hold the trainer, Carolina Dancer Wellness, or any associated employees, either directly or indirectly, liable for any result from the sessions.

I assume all responsibility for the participation in the cross-training sessions.