

DAILY SIGN-IN SHEET

DATE _____ LOCATION _____

I hereby agree to the following:

- That I am participating in a Pietra Fitness class offered by instructor _____ at (facility name) _____ in (address, city, state) _____. I recognize that this exercise may require some physical exertion which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
- I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Pietra Fitness class. 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 understand that the level of my participation in this exercise program and which exercises I perform must be determined by me, in consultation with my physician, and that the instructor cannot fully monitor the extent of my participation. In consideration of being permitted to participate in the class, I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which might incur as a result of participating in the class.
- In further consideration of being permitted to participate in a Pietra Fitness class, I hereby release, indemnify and hold harmless Pietra Fitness, LLC, Karen Barbieri, the instructor, and the facility/owners of the facility where class is held. I knowingly, voluntarily and expressly waive any claim I may have against Pietra Fitness, LLC, Karen Barbieri, the instructor, and the facility/owners of the facility where class is held for any injury or damages that I may sustain as a result of participating in the program.
- I, my heirs or legal representatives, forever release, waive, discharge and covenant negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

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| 1. _____ | 15. _____ |
| 2. _____ | 16. _____ |
| 3. _____ | 17. _____ |
| 4. _____ | 18. _____ |
| 5. _____ | 19. _____ |
| 6. _____ | 20. _____ |
| 7. _____ | 21. _____ |
| 8. _____ | 22. _____ |
| 9. _____ | 23. _____ |
| 10. _____ | 24. _____ |
| 11. _____ | 25. _____ |
| 12. _____ | 26. _____ |
| 13. _____ | 27. _____ |
| 14. _____ | 28. _____ |