

Waiver and Release

I understand that physical exercise can be strenuous and subject to risk of injury. Sheila Scarpulla of Serenity Now urges me to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise/wellness activity. I agree that by participating in physical exercise or training activities, I do so entirely at my own risk. I agree that I am voluntarily participating in these activities/classes and assume all risks of injury, illness, or death. By joining this/these workout/s or class/es I acknowledge I have carefully read this "waiver and release" and fully understand that it is a release of liability. I expressly agree to release and discharge Sheila Scarpulla of Serenity Now from any and all claims or causes of action and I agree to voluntarily give up or waive any right that I may otherwise have to bring legal action against the trainer or instructor for personal injury. To the extent that statute or case law does not prohibit release for negligence, this release is also for negligence. If any portion of this release from liability shall be deemed by a court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from. By joining this Zoom meeting, I acknowledge that I understand the content and that this release cannot be modified orally. Chair classes are comprehensive chair exercise programs created for individuals who have complications standing during a fitness or wellness regimen. Types of Chairs That Should be Used • Chair with Arms • Chair without Arms • Wheelchair – Move legs if participant has mobility, always put legs back on chair.