



yoga + spin studio

NEW STUDENT CONTACT & LIABILITY RELEASE FORM

PLEASE PRINT CLEARLY

Student Contact Information		
First Name:	Last Name:	Middle Initial:
Address:		
Phone #:	Birth Date:	
Email:		
Emergency Contact Name & Number:	Emergency Contact Relationship:	
Student Yoga Background		
How long have you been practicing YOGA? (circle)	How long have you been practicing HOT YOGA ? (circle)	
a. Today is my first time	a. Today is my first time	
b. 1 year or less	b. 1 year or less	
c. More than 1 year	c. More than 1 year	
Do you have any injuries or health concerns you would like your instructors to be aware of?		
How did you hear about LotusPedal Yoga+ Spin?	(CIRCLE): Flyer, Facebook, Internet, Client Referral, Other If referred, by who:	
Additional comments, questions or concerns?		

Agreement of Release and Waiver of Liability

WAIVER, RELEASE, INDEMNIFICATION and HOLD HARMLESS AGREEMENT

I _____ **(print name)** understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction and relief of muscular tension. I understand I will receive information and instruction; including verbal and physical adjustments about yoga and health. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. It is my responsibility to consult with a physician prior to my participation in the yoga class.

I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the yoga class. I am aware I may be physically adjusted. I agree to take full responsibility for any risks, loss, claim, injury, damage or liability, known or unknown, which I might incur as a result of participating in the program.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I knowingly, voluntarily, and expressly agree to accept full responsibility and assume the risk for my use of or participation in any and all classes, activities, apparatus, appliance, facility privilege or service, of any nature, which is owned or operated by Lotus Pedal Yoga + Spin Studio. While engaging in any class or activity operated, organized, arranged or sponsored by Lotus Pedal Yoga + Spin Studio, either on or off their premises, I shall do so at my own risk, and hold Lotus Pedal Yoga + Spin Studio, its employees, representatives and agents, forever harmless from any and all loss, claim, injury, damage, or liability sustained or incurred by me. I specifically agree to indemnify and hold harmless Lotus Pedal Yoga + Spin Studio as to any loss, cost, claim, injury, damage or liability, sustained or incurred by participating in the classes, or through my use of the facilities or equipment of Lotus Pedal Yoga + Spin Studio which is caused by an act or omission, whether negligent, intentional or otherwise, of an employee, representative, or agent of Lotus Pedal Yoga + Spin Studio. If I do have a physical condition which limits my participation, I take full responsibility for moderating my activity and being aware of my own limitations. I will keep in communication with my teacher and ask questions while listening to instructions carefully. I have told my health professional about taking this program.

I, my heirs, or legal representative forever release, waive, discharge and covenant not to Lotus Pedal Yoga + Spin Studio for any injury or death caused by my participation in the yoga class. My signature below constitutes my full acceptance of this waiver.

I have read the release and waiver of liability and fully understand its consent. I voluntarily agree to the terms and conditions stated above and therefore release Lotus Pedal Yoga + Spin Studio (its employees and owners) from any claims, demands and causes of actions arising from my participation in the exercise program.

Signature of Participant _____ **Date** _____

If Participant is Under 18 (must be at least 16 years of age):

As legal guardian of _____, I consent to the above listed terms and conditions.

Signature: _____ **Date:** _____

Lotus Pedal Yoga + Spin Studio Waiver and Release

By signing up for and/or attending classes, events, activities, and other programs and using the premises, facilities and equipment (individually and/or collectively, the "Classes and Facilities") of Lotus Pedal Yoga + Spin Studio and its subsidiaries, you hereby acknowledge on behalf of yourself, your heirs, personal representatives and/or assigns, that there are certain inherent risks and dangers in indoor cycling and exercise equipment in association with the Classes and use of the Facilities. You acknowledge that some of these risks cannot be eliminated regardless of the care taken to avoid injuries. You also acknowledge that the specific risks vary from one activity to another, but range from (1) minor injuries such as scratches, bruises, and sprains; (2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, rhabdomyolysis, and concussions; and (3) catastrophic injuries including paralysis and death.

At all times, you shall comply with all stated and customary terms, posted safety signs, rules, and verbal instructions given to you by staff.

If in the subjective opinion of the Lotus Pedal Yoga + Spin Studio staff, you would be at physical risk using Lotus Pedal Yoga + Spin Studio Classes and Facilities, you understand and agree that you may be denied access to the Classes and Facilities until you furnish Lotus Pedal Yoga + Spin Studio with an opinion letter from your medical doctor, at your sole cost and expense, specifically addressing Lotus Pedal Yoga + Spin Studio's concerns and stating that Lotus Pedal Yoga + Spin Studio's concerns are unfounded.

In consideration of being allowed to participate in and access the Classes and Facilities, you hereby (1) agree to assume full responsibility for any and all injuries or damage which are sustained or aggravated by you in relation to the Classes and Facilities, whether sustained while using exercise equipment or not, (2) release, indemnify, and hold harmless Lotus Pedal Yoga + Spin Studio, its direct and indirect parent, subsidiary affiliate entities, and each of their respective officers, directors, members, employees, representatives and agents, and each of their respective successors and assigns and all others, from any and all responsibility, claims, actions, suits, procedures, costs, expenses, damages, and liabilities to the fullest extent allowed by law arising out of or in any way related to participation in the Classes or use of the Facilities, and (3) represent that you (a) have no medical or physical condition that would prevent you from properly using any of Lotus Pedal Yoga + Spin Studio's Classes and Facilities, (b) do not have a physical or mental condition that would put you in any physical or medical danger, and (c) have not been instructed by a physician to not participate in physical exercise. You acknowledge that if you have any chronic disabilities or conditions, you are at risk in using Lotus Pedal Yoga + Spin Studio's Classes and Facilities, and should not be participating in any Classes.

Signature of Participant _____ **Date** _____

If Participant is Under 18 (must be at least 16 years of age):

As legal guardian of _____, I consent to the above listed terms and conditions.

Signature: _____ **Date:** _____

Lotus Pedal Yoga + Spin Studio

Terms & Conditions

RESERVATIONS

- All Lotus Pedal Yoga + Spin Studio clients must have a unique account with a valid e-mail and phone number to register for classes. Registration for classes may be done online or in-person at the studio.
- If the class you want is full, add yourself to the waitlist. As spots are cancelled, the list moves up automatically and assigns the next person a spot in the class that was cancelled. If you are added to a class from the waitlist, a notification email will be sent to you immediately.
- If you sign up for the waitlist, it is the same as signing up for a class. The same cancellation policy applies. If you are on our waitlist and cannot attend class, please remove yourself to avoid a penalty.

CANCELLATIONS/LATE ARRIVALS

- As a courtesy to others and our instructors, you must cancel a class four (4) hours before the scheduled class in order to avoid penalty. If you haven't cancelled within four (4) hours of your class, you will forfeit one class credit or, if you hold a monthly membership, you will be charged a \$15 late cancel/no-show fee.
- Classes **MUST** be cancelled online or in-studio.
- Early cancels are not refunded - the class is put back into your account for a future use.
- If you are not checked in five (5) minutes before the start of class you are late and will not be permitted to join the class and the cancellation policy described above will apply.

CHARGES

- All classes must be paid in full by the time the class begins.
- All merchandise may be returned unworn and unwashed 7 days after the original sale. Any worn merchandise will not be accepted for return, unless defective as determined by management.
- Gift cards are valid for Lotus Pedal Yoga + Spin Studio classes and merchandise and cannot be converted into cash value.
- If a client's credit card is rejected for class or retail charges, they must update their credit card information prior to being permitted to take another class.

WAIVER

- All clients must sign a waiver in person prior to taking their first class.

MINORS

- You must be 16 years or older to take a Lotus Pedal Yoga + Spin Studio class. If you are under 18 years old, we require your legal guardian to sign a consent form in-studio in person prior to riding. Riders must be over 4'10" to ride.

- We do not allow unaccompanied minors to be left in the lobby during class. No exceptions.

MISCELLANEOUS

- Our monthly unlimited pricing is a 1-year contract. If you must terminate the contract due to prolonged illness, injury, relocation, or other extenuating circumstances, we require a 30-day advance notice.
- Single classes expire 1 month after the initial date of purchase and class passes expire 2, 4 or 6 months after the initial date of purchase depending on the pricing option.
- Lotus Pedal Yoga + Spin Studio is not responsible for any lost, damaged, or stolen items. All items left in the studio will be kept in lost and found for 1 month and then donated to charity.

WELCOME YOGIS!

Welcome to Lotus Pedal Yoga + Spin Studio! We are so excited to have you join our community! The following information is to help answer questions you may have about Lotus Pedal Yoga + Spin Studio and about studio etiquette! Please do not hesitate to reach out to any staff member for additional questions or concerns.

Getting Started:

- Please **SIGN IN** online or at the front desk when you arrive to each class.
- **ALL LEVELS are welcome.** Ease into **YOUR** practice. We recommend starting with a beginner class or a more gently heated class if you have NEVER practiced HOT yoga before. Or you can practice in our non-heated yoga room!
- **Be sure to INFORM your instructors before class begins of any injuries or conditions.** Instructors will be glad to provide appropriate modifications.
- **Mats & Towels** available for you! We provide blocks and straps and bolsters for the classes you need them in.
- **Be sure to try different classes with various instructors to find what suits you best!**
- **If it is your first HOT yoga class... it may be challenging! And it should be!** DO NOT give up. Your body will adjust to the heat after a few classes. You will feel yourself getting STRONGER with each class, and you will **GROW** rapidly in all aspects of your yoga practice... mind, body & spirit! And if hot is not your style remembering that we have amazing classes in our non-heated room as well!
- **LISTEN TO YOUR BODY.** You should always work at your own pace. You are free at **ALL** times to take resting poses and/or leave the studio for fresh air or water.
- **CHANGING ROOMS** are provided on site for your convenience.
- **Cubbies** for shoes/coats/bags are available. It is the risk and liability of each student to leave items in the cubbies during class. The door to Get Hot Yoga's facilities is locked prior to the start of each class.

Yoga Studio Etiquette/Guidelines:

- Please arrive 10-15 minutes before class to register, use the restrooms, or change into yoga attire (if needed).
- **SHOES** should be **removed** in the change rooms
- Please **turn off/silence cell phones** before entering Lotus Pedal Yoga + Spin Studio facilities.
- While in Lotus Pedal Yoga + Spin Studio facilities, please talk in **quiet voices** especially if there is another class in session.

Before arriving to class:

- Light snack or fruit ok to eat prior to a yoga class.
- **HYDRATE HYDRATE HYDRATE.** It is important to hydrate throughout the day before class as well as AFTER class.
- Please refrain from applying perfumes before class.
- Please wear clean clothes and be sure to wash your towels after each class!

What to Bring:

- **If you have your own Yoga mat, mat towel & sweat towel or we can supply you with these too**
- **Water bottle**
- **Wear comfortable, sweat wicking clothing**
- **Your bare feet (socks ok too, but you will find barefoot works best!)**

What to leave at home:

- **Your ego and your busy “to do list” come and enjoy yourself with us!**

Yoga is for EVERY body! Come with open hearts and open minds. Lotus Pedal Yoga + Spin Studio is a **JUDGE FREE** zone! Get on your mat and just **DO YOU**. Nobody is watching, nobody is keeping score. We are a community, our goal is to lift each other up, encourage, teach, learn... **GROW**.

Breathe. Sweat. Get Fit!