




LIABILITY WAIVER FOR VIRTUAL FITNESS CLASSES

1. *I am voluntarily participating in a class or classes provided by **Julie Scudder (runningRewire)**. I will be receiving instruction and information concerning fitness and wellness techniques, which may include weight training and other physical activities. I represent and warrant that I have no physical or mental health condition that would prevent my safe participation in these classes. I agree that if I am pregnant, or have a known cardiac condition, or if I am taking medications that may result in an adverse reaction in connection with physical activities, I will consult with and obtain the permission of a physician prior to engaging in any weight training or other physical activities in connection with these classes.*
2. *I am willingly and voluntarily assuming any risks, injuries or damages, known and unknown, which I might incur as a result of participating in these classes, and agree that **Julie Scudder (runningRewire)** will not have any liability for such injuries or damages, to the maximum extent allowed by applicable law.*
3. *I acknowledge and agree that **Julie Scudder (runningRewire)** is not a medical professional and does not provide any medical diagnoses or treatments. I agree that if I have any medical condition, I will seek the help of a medical professional.*
4. *To the maximum extent permitted by applicable law, I hereby waive and release any claims, known or unknown, I may have against **Julie Scudder (runningRewire)**, including its instructors, officers, directors and employees and agents, arising from or in connection with the services provided by **Julie Scudder (runningRewire)** and agree to indemnify **Julie Scudder (runningRewire)**, including its instructors, officers, directors and employees and agents, from and against any and all Claims.*
5. *I expressly waive all rights afforded by any statute which limits the effect of a release with respect to unknown claims.*

Please read and agree to the following waiver before participating in any runningRewire online fitness sessions on Facebook, Instagram or Zoom

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