

# **Livestream Waiver**

WAIVER AGREEMENT: In consideration of being allowed to participate in Zumba® Livestream Fitness Classes, in addition to the payment of any fee, I do hereby waive release and forever discharge Amy Jeschke (My Dance Addiction Fitness Group), and all others from any and all responsibilities or liability for injuries or damages resulting from my participation in this activity.

I understand and am aware that fitness activities and strength and flexibility exercises involve a risk of injury and that I am voluntarily participating in these activities with knowledge of the dangers involved. If I experience any pain or discomfort, I will listen to my body, and ask for support from the instructor. I hereby agree to expressly assume and accept any and all risks of injury or death. I acknowledge that I have either had a physical examination and have been given my physician's permission to participate, or that I am participating in an activity without the approval and permission of my physician to participate, and I do hereby assume all responsibility for my participation and activities. I declare that I have read and agree to the contents of this agreement in its entirety.