



I, _____, hereby agree to the following;

- That I am participating in the training, programs, exercises and events including any combination of the following; Zumba, Zumba Kids, Zumba Kids Jr, exercises, games and mindfulness activities and practices during which I will receive instruction.
- I understand it is my responsibility to consult with a physician prior to participating and in regards to my participation in any fitness program. I represent and warrant that I am physically fit and have no medical condition that would prevent my full participation in the class.
- I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.
- In regards to being permitted to participate in any fitness program, I knowingly, voluntarily and expressly waive any claim I may have against Ginger Movements, Debbie Bermudez, any location or locations a program may be presented, landlords or insurers, any instructors or related individuals connected with the preparation and presentation of programming.
- I, my heirs or legal representatives forever release, waive, discharge, and agree to not sue or make claim of any kind against Ginger Movements, Debbie Bermudez, any location or locations a program may be presented, landlords or insurers, any instructors or related individuals connected with the preparation and presentation of programming.

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.

Name (please print) _____ Date of Birth _____

Emergency Contact (name/relation) _____ phone _____

Participant's Signature _____ Date _____

If participant is under 18 – Parent/Guardian signature _____

PHOTO & VIDEO release. (check one)

I agree to allow the use of photos and/or videos including images of myself in promotional material or for instructional purposes.

I do not agree to allow the use of photos and/or videos including images of myself in promotional material or for instructional purposes.