

SPARK is a welcoming, supportive and inclusive place where everyone can feel right at home, regardless of age, skill level or body type. Our studio is a beautiful and warm environment, and we are honored that you have chosen us. Please review our studio policies and sign in the areas indicated.

- Cancellation policy: We hold a firm 24 hour cancellation policy for all private & small group sessions. If you are unable to cancel within these times or do not show up for your class or appointment, you will be charged for that session or have a session deducted from your account.
- Equipment sessions are standing appointments.. Inconsistent attendance, (less than 90% of use) may result in the loss of a standing appointment time slot, regardless of advanced cancelation notice. _____
- As the Studio is often scheduled with back to back appointments, if you arrive late, lost time will not be made up at the end of the session
- Instructors' class and private availability schedules are subject to change.
- Please spray and wipe down equipment after use.
- All sales are final and we cannot offer refunds. Please check the expiration dates of our classes and appointments before purchasing. All session purchases expire in 6 months. New client offers can only be purchased once _____
- Please turn cell phones to the 'silent' position while in the studio
- Please refrain from wearing shoes worn outside in the studio. We have grippy socks available for loan or purchase, and you may choose to bring studio shoes to wear when training.
- For safety reasons, please do not bring unsupervised children to the studio.
- We are not responsible for any lost or missing items.

Waiver of Liability and Informed Consent Release:

Consultation with a medical practitioner is recommended prior to the beginning of any program of regular exercise. I understand this exercise and conditioning program, like any physical conditioning activity or exercise program, presents some unavoidable risk of injury, especially to people who have pre-existing injuries, illness or medical disabilities. I further understand that the use of exercise equipment carries a risk of injury. I have, and will continue to **keep GIFT OF LIGHT Inc. dba Spark Wellness & Pilates**, fully informed of any physical condition or disability that would prevent or limit my participation in an exercise or physical conditioning program. I acknowledge that although the conditioning program I participate in may have substantial physical benefits, neither **GIFT OF LIGHT Inc.**, nor its employees or it's independent contractors, are engaged in diagnosing or treating medical diseases or deficiencies. I expressly assume all risk of my participation in the special exercise program conducted by **GIFT OF LIGHT Inc.** , and waive any claim I might otherwise bring against **GIFT OF LIGHT Inc.**, it's officers, directors, employees, trainers, and contractors as a result of injury from or relating to my participation in this exercise program.

PRINT & Sign NAME

Date