



## GENERAL LIABILITY WAIVER AND RELEASE FORM

By checking the box below, I, the above-named individual, acknowledge that this event (“Event”) may involve strength, flexibility, aerobic, cardio, and other exercises, including the use of equipment, and may include massage and/or other services. I acknowledge that these activities can potentially be hazardous, and that if I experience any pain or discomfort, I will inform the instructor/practitioner, adjust my movements or end my participation in the Event.

I acknowledge that the Event may be held either outdoors or at a space which is maintained by a third party, both of which carry additional risks, including, but not limited to, those caused by terrain, facilities, temperature, weather, environment, vehicular traffic and actions of other people. I voluntarily agree to participate in the Event and I hereby agree to assume and accept any and all risks of injury, physical harm or death. I acknowledge and represent that I am physically sound and I do not suffer from any illness, impairment, disease or other condition that would prevent me from participating in the Event. I affirm that I have stated all my known medical conditions, and answered all questions honestly and I consent to receive medical treatment, which may be deemed advisable in the event of injury, accident, and/or illness during the Event.

In consideration of being allowed to participate in the Event, I do hereby knowingly and voluntarily, on behalf of myself and my heirs and assigns, forever waive, release, discharge and hold harmless Equinox Holdings, Inc. and its subsidiaries and affiliates, and each of their respective employees, agents, representatives, successors, assigns and its event partners and event sponsors from any and all liability, damages, losses, suits, demands, causes of action (including, without limitation, negligence) or any other claims of any nature whatsoever, including, without limitation, any losses for property damage, personal injury or death, arising out of or relating in any way to my participation in the Event and its related programs and activities or my use of any facilities, equipment or machinery in connection with the Event.

I represent and acknowledge that I have read and understand this form and understand that my voluntary checking of the box below evidences my agreement to the terms, provisions, waivers, and releases as set forth above. The invalidity, in whole or in part, of any portion of the above will not affect the remainder of this form.