INNER LIGHT STUDIO

Inner Circle Participant Waiver, Release of Liability & Assumption of Risk

Inner Light Fitness, LLC, doing business as Inner Light Studio · 1747 Independence Blvd, Unit E14, Sarasota, FL 34234 · innerlightstudiosrq.com

Please read this agreement completely before your first session in the Inner Circle. It affects your legal rights. Ask a coach about anything that is unclear before you sign.

Participant information

Full legal name _____

Date of birth _____

Phone _____

Email _____

Mailing address _____

Emergency contact _____

Relationship / phone _____

In this agreement, “Inner Light” means Inner Light Fitness, LLC and its owners, members, managers, coaches, employees, contractors, agents, successors, and assigns. “I” and “me” mean the participant signing below.

1. The Inner Circle and its activities

The Inner Circle is Inner Light's reservation-only personal training space, limited to 5 guests at a time. Activities there may include:

- Strength and resistance training with free weights, machines, benches, cables, bands, and suspension trainers (TRX)
- Cardiovascular, conditioning, and multi-modality training
- Breathwork, mobility, stretching, balance, and nervous-system regulation practices
- Foam rolling and myofascial release
- Coaching, movement assessments, and body measurements

This agreement covers every session and every visit to the Inner Circle, now and in the future, whether coached, semi-private, or self-directed, unless I revoke it in writing.

2. Health declaration

I confirm that I am in good enough health to take part in physical exercise. Inner Light recommends that I consult a physician before beginning any exercise program, and I accept full responsibility if I choose not to.

I agree to tell my coach, before each session, about any condition that could affect my safety, including: heart or blood pressure conditions, chest pain, dizziness or fainting, recent surgery or injury, joint or back problems, pregnancy or recent childbirth, and any medication that affects heart rate, balance, or alertness.

I will stop immediately and tell a coach if I feel pain, dizziness, shortness of breath, nausea, or anything unusual. Inner Light may require written physician clearance before I train, and may modify or end any session it believes is unsafe for me.

Inner Light coaches are fitness and health coaches, not medical providers. Nothing they provide is medical diagnosis, treatment, or advice.

3. Assumption of risk

I understand that exercise in the Inner Circle carries risks that cannot be fully eliminated, even when Inner Light acts with reasonable care. These risks include, but are not limited to:

- Muscle strains, sprains, tears, fractures, and joint, back, or neck injuries
- Heart attack, stroke, abnormal heart rhythm, fainting, and, in rare cases, death
- Being struck by, dropping, or falling from equipment, or equipment failing or malfunctioning
- Slips, trips, and falls on floors, mats, or equipment
- Dizziness or lightheadedness from breathwork, cold towels, or changes in position
- Contact with other guests, or injury caused by another guest's actions
- Instruction or spotting that does not prevent an injury

I knowingly and voluntarily assume all of these risks, known and unknown, and take full responsibility for my participation. Initials: _____

4. Release of liability and indemnification

In exchange for being allowed to use the Inner Circle, I, for myself and my heirs, spouse, executors, and assigns, release, waive, and agree not to sue Inner Light for any claim, injury, illness, death, or property loss arising from my use of the Inner Circle or Inner Light's facilities, equipment, or services — INCLUDING CLAIMS CAUSED BY THE NEGLIGENCE OF INNER LIGHT. Initials: _____

This release does not apply to gross negligence or intentional misconduct by Inner Light.

I agree to indemnify and hold Inner Light harmless from any claim, cost, or attorney's fee resulting from my own actions, my failure to follow instructions, or any claim brought on my behalf in breach of this release.

Inner Light is not responsible for lost, stolen, or damaged personal property.

5. Inner Circle guidelines

I agree to:

1. Use the Inner Circle only during a confirmed reservation.
2. Use equipment only as shown by a coach, and ask before using anything unfamiliar.
3. Check equipment before use, re-rack weights, and report anything damaged or unsafe right away.
4. Wear closed-toe athletic shoes or follow the coach's footwear guidance, and bring water.
5. Never train under the influence of alcohol or drugs that impair judgment or coordination.
6. Keep children out of the Inner Circle unless they are registered participants; Little Lotus is available for childcare.
7. Respect other guests' space, privacy, and session time.

Inner Light may end a session or refuse service to anyone who does not follow these guidelines.

6. Services provided by other businesses

Ageless Beauty & Wellness is a separate business that operates inside Inner Light Studio, including a hyperbaric chamber located in the Inner Circle. Its hyperbaric sessions, IV therapy, and other services are not covered by this agreement and are provided under its own policies and waivers. Inner Light does not provide, supervise, or control those services, and I will not use the hyperbaric chamber or any Ageless Beauty equipment without that business's direct authorization.

7. Emergency medical care

If I am injured or become ill and cannot consent, I authorize Inner Light to call 911, give first aid or CPR/AED, and arrange emergency medical transport and treatment. I am responsible for all resulting medical and transport costs.

8. General terms

This agreement is governed by Florida law, and any dispute will be brought in the courts of Sarasota County, Florida. It is intended to be as broad as Florida law allows; if any part is found unenforceable, the rest stays in full effect. This is the entire agreement on these subjects and replaces any earlier statements. An electronic signature (for example, through Momence) is as valid as a handwritten one.

I HAVE READ THIS ENTIRE AGREEMENT, UNDERSTAND IT, AND SIGN IT VOLUNTARILY. I UNDERSTAND THAT BY SIGNING IT I AM GIVING UP SUBSTANTIAL LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE INNER LIGHT FOR ITS OWN NEGLIGENCE. I AM AT LEAST 18 YEARS OLD.

9. Signature

Participant signature _____

Printed name _____

Date _____

Received by (Inner Light staff) _____

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Minor Participant Addendum (ages 17 and under)

Complete this page in addition to the agreement above when the participant is under 18. The parent or legal guardian signs both.

Minor's full name _____

Minor's date of birth _____

I am the parent or legal guardian of the minor named above. I give permission for my child to participate in Inner Circle activities, and I agree to the health declaration, guidelines, and emergency care terms above on my child's behalf.

NOTICE TO THE MINOR CHILD'S NATURAL GUARDIAN

READ THIS FORM COMPLETELY AND CAREFULLY. YOU ARE AGREEING TO LET YOUR MINOR CHILD ENGAGE IN A POTENTIALLY DANGEROUS ACTIVITY. YOU ARE AGREEING THAT, EVEN IF INNER LIGHT FITNESS, LLC USES REASONABLE CARE IN PROVIDING THIS ACTIVITY, THERE IS A CHANCE YOUR CHILD MAY BE SERIOUSLY INJURED OR KILLED BY PARTICIPATING IN THIS ACTIVITY BECAUSE THERE ARE CERTAIN DANGERS INHERENT IN THE ACTIVITY WHICH CANNOT BE AVOIDED OR ELIMINATED. BY SIGNING THIS FORM YOU ARE GIVING UP YOUR CHILD'S RIGHT AND YOUR RIGHT TO RECOVER FROM INNER LIGHT FITNESS, LLC IN A LAWSUIT FOR ANY PERSONAL INJURY, INCLUDING DEATH, TO YOUR CHILD OR ANY PROPERTY DAMAGE THAT RESULTS FROM THE RISKS THAT ARE A NATURAL PART OF THE ACTIVITY. YOU HAVE THE RIGHT TO REFUSE TO SIGN THIS FORM, AND INNER LIGHT FITNESS, LLC HAS THE RIGHT TO REFUSE TO LET YOUR CHILD PARTICIPATE IF YOU DO NOT SIGN THIS FORM.

Parent/guardian signature _____

Printed name and relationship _____

Date _____