

## RELEASE OF LOTUS FLOW, LLC

1) In consideration of my use of the exercise equipment, facilities and exercise courses and/or classes

provided by Lotus Flow, LLC ( the "Company") or its independent contractors, I expressly agree and

contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that the

Company and its insurers, employees, officers, directors, and associates, shall not be liable for any damages

arising from personal injuries (including death) sustained by me, or my guest in, on, or about the premises,

or as a result of the use of the equipment, facilities or courses or classes, regardless of whether such

injuries result, in whole or in part, from the negligence of the Company or its independent contractors. By

the execution of this agreement, I accept and assume full responsibility for any and all injuries, damages

(both economic and non-economic), and losses of any type, which may occur to me or my guest, and I

hereby fully and forever release and discharge the Company, its insurers, employees, officers, directors,

independent contractors and associates, from any and all claims, demands, damages, rights of action, or

causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated,

resulting from or arising out the use of said equipment and facilities.

2) I expressly agree to indemnify and hold the Company harmless against any and all claims, demands,

damages, rights of action, or causes of action, of any person or entity, that may arise from injuries or

damages sustained by me or my guest.

3) I agree to be solely responsible for safety and well being of my guest and myself. I understand that the

Company does not provide supervision, instruction, or assistance for the use of the facilities and equipment.

4) I agree to comply with all rules imposed by the Company regarding the use of the facilities, equipment

and any course instructor directions. I agree to conduct myself in a controlled and reasonable manner at

all times, and to refrain from using any equipment in a manner inconsistent with its intended design and

purpose.

5) I understand and acknowledge that the use of exercise equipment involves risk of serious injury, including

permanent disability and death.

6) I understand and agree that the Company is not responsible for property that is lost, stolen, or damaged

while in, on, or about the premises.

7) I understand and agree that my use of the facilities and equipment is only to be undertaken on my own

personal time, and that my use of the facilities and equipment is not within the course or scope of my

employment.

I HAVE READ THE FOREGOING WAIVER AND RELEASE OF LIABILITY AND VOLUNTARILY EXECUTED THIS DOCUMENT WITH FULL KNOWLEDGE OF ITS CONTENT.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

\_\_\_\_\_

Print Name