

WAIVER AND RELEASE OF LIABILITY

In consideration for being permitted to participate in the Instructional Fitness Training Classes (“Instructional Activity”) at KORE Method on Gansevoort, LLC located at 336 West 13th Street, New York, NY 10014 (“KORE”) and for other good and valuable consideration, the receipt of which is hereby acknowledged, the undersigned, my heirs, and assigns, intending to be legally bound, HEREBY WAIVE, RELEASE AND FOREVER DISCHARGE KORE, ITS MEMBERS, DIRECTORS, OFFICERS, EMPLOYEES, AND ASSIGNS (collectively “KORE”), FROM AND AGAINST ALL CLAIMS OR LAWSUITS FOR PERSONAL INJURY, INCLUDING DEATH, AND PROPERTY DAMAGE ARISING IN ANY WAY OUT OF MY PARTICIPATION IN THE INSTRUCTIONAL ACTIVITY, WHETHER CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF KORE.

I understand and acknowledge that my participation in the Instructional Activity may expose me to inherent risks, including accidents, injuries or illness and that I have no obligation to participate in the Instructional Activity. My participation in the Instructional Activity is voluntary and I understand that I am assuming all risks for any injuries that I may suffer from my voluntary participation in the Instructional Activity.

I hereby declare that I am physically sound and suffering from no condition, impairment, disease or illness that would prevent my participation in the Instructional Activity and hereby represent that I can safely engage in physical activity and participate in the Instructional Activity.

I further agree that I will participate in the Instructional Activity with reasonable care and take all precautions to minimize injury to myself and others and that it is my responsibility to immediately report any injury occurring as a result of my participation in the Instructional Activity.

I acknowledge that I have read this Waiver and Release of Liability in its entirety and have executed the document willingly and with full knowledge of its meaning and legal effect.

Print Name

Signature

Date

Parent/Guardian’s signature if under 18 years of age: I represent I have legal capacity and am authorized to execute this Waiver and Release of Liability on behalf of the minor(s) named below.

Parent/Guardian Signature for (NAME OF MINOR(S)): _____ Date: _____