



Client Release and Agreement Form

"I, _____ have enrolled in a program of physical activity including, but not limited to, body conditioning apparatus used during the workouts offered by **M2M studio, LLC**. I hereby affirm that I am in good physical condition and do not suffer from any disability that would contribute to injury OR, I have been cleared by my medical doctor for participation in the Pilates method of physical exercise. I am not under the influence of any non-prescription drugs or alcohol."

"In consideration of my participation in any workshops, private workouts, or group classes, I hereby release **M2M studio, LLC**. and any of its teachers and/or apprentices, from any claims, demands and causes of action arising from my participation in an exercise program. I fully understand that I may injure myself as a result of my participation and I release **M2M studio, LLC**. and any of its teachers and/or apprentices, from any liability now or in the future, including but not limited to: heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries and any other illness, soreness or injury caused, occurring during, or after my participation in the studio."

I affirm that I have read and agree to the above.

Signed _____ Date _____

Cancellation Policy

Due to limited class sizes and availability **M2M studio, LLC** adheres to a 24-hour cancellation policy for all private, semi-private, and group class sessions. Cancellations received less than a full 24 hours in advance and all no shows will be charged full session fees. Clients may cancel and/or re-schedule sessions without being charged if the studio is given full 24-hour notification.

I have read, understand, and agree to the above cancellation policy.

Signed _____ Date _____

M2M Studio
101 Center Street • Cramerton, NC 28012
704-685-1040 • m2mstudio.net