

**Waiver of Liability and  
Prospective Release Form for H2L Studio, LLC.**

I \_\_\_\_\_ hereby agree to the following:

That I am participating in physical activity at H2L Studio, LLC. which may include, but is not limited to Pilates, cycling, yoga, barefoot, barre, other fitness activities and massage/reiki/reflexology. I recognize that any physical activity may be strenuous and may cause injury, and I am fully aware of the risks and hazards involved in such activity.

I represent and warrant that I am physically fit and I and have no medical condition that would prevent my full participation in these classes. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in these classes. If I have any existing medical condition, I have been cleared by my doctor to participate in activities at H2L Studio, LLC. and explained the details on the H2L Studio, LLC. History Form and in person.

In consideration of being permitted to participate in these classes, I agree to assume full responsibility for any risks, injuries or damage, known or unknown, which I might incur as a result of participation in these activities or as a result of negligence.

In further consideration of being permitted to participate in these classes, I knowingly, voluntarily and expressly waive any claim I may have against H2L Studio, LLC. for injury or damages that I may sustain as a result of participating in these activities.

I, my heirs or legal representatives forever release from liability, waive, discharge and covenant not to sue H2L Studio, H2L Studio owners and its agents for any injury or death caused by any negligent act or omission.

I have read the above release form and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian if Participant is under 18: \_\_\_\_\_

Phone number: \_\_\_\_\_ Address: \_\_\_\_\_

E-mail address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

H2L Studio, LLC., 2151 Fischer Road, Suite 103, Mechanicsburg PA 17055

**Welcome to H2L Studio, LLC!**

**How did you hear about our studio? Who referred you to us?**

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**Do you have any injuries, aches or pains? (Recent or old) Please describe:**

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**Are there any other health concerns? e.g. asthma, diabetes, high blood pressure, medications....**

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**Are you presently doing other kinds of therapy? e.g. massage, physio, chiropractic...**

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**Have you taken any other yoga, Pilates, barre or cycling classes? If yes, where?**

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## Policies For H2L Studio, LLC.

### Cancellation/"No show" (by client) Policy

*Please note that our 24 hour cancellation policy applies to all regular clients and clients with packages.*

In order to ensure that our clients have full access to all available classes, including all group classes, 24 hour notice for cancellations is required to avoid being charged full price for the class\*. Private lessons, duets or semi-private lessons, cycling and reformer classes are 12 hour notice.

- If you cancel a class with less than 24 hours' (12 for equipment) notice ("Late Cancel"), you will be charged full price.
- If you do not show up for your class ("No Show"), you will be charged full price.
- If you have been added into a class ("Cleared") from the waitlist and are a "No Show", you will be charged full price.
- If you sign up for multiple classes in a row and do not attend all of them, you will be charged full price for the missed class(es).
- If you are "waitlisted" for a class and sign up for another class as a "backup", are then "cleared" and "Late Cancel" or "No show" for the backup you will be charged full price.

**If you have an illness or emergency, you are allowed three missed classes per calendar year with no penalty. You must call or email the studio to request the waiver.**

**HEALTHY, HOLISTIC LIVING**

### Cancellation (By Studio) Policy

If for any reason an instructor needs to cancel class, they will try to give you at least 24-hour notice or find a substitute instructor to cover. If they have to cancel, you will be notified by phone and/or email so please make sure all of your information is up-to-date. If class is canceled your account will not be charged. (**12-hours for equipment classes**)

### Refund Policy

All purchases and deposits are non-refundable. Exchanges can be made for upgrades or alternative packages.

### Expiration and Non-Refundable Policy

All cards and packages expire six (6) months after date of purchase and all cards and packages are non-refundable.

### Snow Cancellation Policy

H2L Studio follows the cancellation policy of the Mechanicsburg Area School District. In other words, if the Mechanicsburg Area Schools are closed or delayed due to snow, we **will not charge** clients if they cannot make it to their scheduled appointment. H2L Studio, however, **will be open** if at all possible. So please try to make it. Any canceled classes will be updated on the Mind Body software in advance and you will receive an email if you were signed up prior to cancellation. Feel free to call and confirm your appointment. Please drive carefully!

### Dress Code Policy

Please do not wear any clothing that has zippers, snaps, rivets, buttons or any other protrusion as these create holes in the equipment and are very expensive to repair. Thank you for your cooperation and helping us keep our costs down.

### Health Policy

Please keep H2L Studio, LLC. advised of any health changes you encounter.