**Assumption of Risk Waiver**

La Palestra Health and Fitness strongly recommends that you consult with your doctor before beginning any exercise programme. You Should be in good physical condition and be able to participate in the exercise.

La Palestra Health and Fitness Ltd is not a licensed medical care provider. It has no expertise in diagnosing, examining or treating medical conditions of any kind nor determining the effect of any specific exercise on a medical condition. You should understand that when participating in any exercise or exercise programme there is a possibility of physical injury.

If you engage in an exercise or exercise programme, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself and agree to release and discharge La Palestra Health and Fitness Ltd from any and all claims or causes of action, known or unknown