

Exercise can cause aches and pains, fatigue and injury. Please be aware of your health and your body. Let us know what physical problems you may have. Exercise can cause old injuries, or previously unknown problems, to surface. Individuals with heart trouble, diabetes, hypoglycemia, asthma, lower back injury, or lower back pain, high or low blood pressure, who have had recent surgery or are pregnant, should not participate without written consent of their doctor. We ask you to take time to read, understand and abide by the following:

PLEASE ARRIVE ON TIME FOR CLASS

SIGN IN BEFORE ENTERING THE STUDIO

*Each student must sign and have on file a release form.*

Exercise classes can be strenuous. Even if you do not have any specific limitations, we recommend that you consult your physician before beginning this or any other strenuous physical activity. Please begin moderately, increase gradually and keep in mind that no exercise should be performed to the point of unusual fatigue or pain. You must inform each instructor of any known injury or physical problem that you have that would limit or inhibit any physical activity. Please ask questions if you need help.

I, \_\_\_\_\_ acknowledge that I have been advised by **Mestre Lucas Corvo (Luiz Carlos Assunção Silva)** and/or his staff that their exercise classes involve strenuous physical exertion, and that I should inform each instructor of any physical limitations, problems, or conditions that would adversely affect my ability to do strenuous exercise without further injury. I will abide by the instructor's decision regarding my participation. I shall further agree to inform the instructor of any injury or unusual pain suffered by me during or following class.

I understand that in any program of strenuous exercise there is some risk of injury, and I am willing to assume that risk. Therefore, I hereby waive, and release (for myself, my heirs, my executors and administrators) Mestre Lucas Corvo, his agents, instructors, employees and contractors from, all claims, liabilities, expenses or judgments arising out of my participation in programs and classes. I indemnify, defend and hold Mestre Lucas Corvo, his agents, instructors, employees and contractors harmless against all such claims except those proximately caused by gross negligence or willful misconduct of Mestre Lucas Corvo (Luiz Carlos A. Silva), his agents, instructors, employees and contractors.

I have read the above and understand and agree:

NAME SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

NAME PRINTED: \_\_\_\_\_ PHONE #: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

What other exercise do you do regularly? \_\_\_\_\_

What physical condition are you in? \_\_\_\_\_

Do you have any physical problems of which we should be informed? \_\_\_\_\_  
(If so, please tell your instructors as well as listing them on this form)