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**Studio 131 Disclaimer**

Age UK Tameside strongly recommends that you consult with your doctor before beginning any Studio 131 exercise class. You should be in good physical condition and be able to participate in the exercise, sharing any health issues with the class instructor.

I understand that Age UK Tameside is not a health care provider and as such has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury.

If you engage in this exercise or exercise program, 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 Age UK Tameside from any and all liability claims.

**Name (Print)**

**Sign:**

**Date:**

**Membership Number:**