

## DISCLAIMER

You agree that by engaging in any physical exercise or activity organized/demonstrated by Polli Schildge @getupkeepmoving you do so entirely at your own risk.

You agree that you are voluntarily participating in these activities and assume all risks of injuries which may occur as a result of your participation in any activity, class, program, personal training or instruction.

You acknowledge that you have signed the waiver and carefully read this "waiver and release" and fully understand that it is a release of liability. You expressly agree to release and discharge Polli Schildge from any and all claims or cause of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring legal action against Polli Schildge for personal injury or property damage.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.