

ACTIVITY WAIVER AND RELEASE FORM FOR MINORS

THIS ACTIVITY WAIVER FORM (this "Waiver") is made this _____ day of _____, _____.

IN CONSIDERATION of the minor being allowed to participate in the Activity, and other good and valuable consideration, the receipt of which is hereby acknowledged, I, _____, residing at _____, as the parent or legal guardian of the minor participant named below, agree with **Best Life Fitness LLC** of Wake Forest, NC, USA (the "Activity Provider") to the following:

1. Details of Activity

1. The minor, _____ (the "Participant"), will be participating in the following activity:
Physical fitness and/or yoga classes for minors (the "Activity") provided by the Activity Provider.

2. Release of Liability

2. Being of lawful age and the legal parent or guardian of the Participant, and in consideration of the Participant being permitted to engage in the Activity, I release and forever discharge the Activity Provider—its owners, directors, officers, employees, agents, assigns, legal representatives, and successors—from all manner of actions, causes of action, debts, accounts, bonds, contracts, claims, and demands, for or by reason of any injury to person or property, including injury resulting in the death of the Participant, which may be sustained as a consequence of participation in the Activity, whether caused by the negligence of the Activity Provider or otherwise.
3. I understand that the Participant would not be permitted to engage in the Activity unless this Waiver is signed by a parent or legal guardian.

3. Concurrent Release

4. I acknowledge that this Waiver is intended to bind not only myself and the Participant, but also our respective heirs, executors, administrators, legal representatives, and assigns.

4. Fitness to Participate

5. I affirm that the Participant does not have any physical limitations, medical conditions, or mental disabilities that would limit or prevent safe participation in

the Activity. If necessary, I will ensure the Participant obtains a medical examination and clearance before participating.

5. Acknowledgment of Risk and Settlement

6. I acknowledge and agree that:

1. I have had sufficient time to carefully read and understand this Waiver.
2. I have been encouraged to seek independent legal advice if I have any questions.
3. I understand the nature of the Activity and the risks involved.
4. I am freely and voluntarily executing this Waiver.
5. I am waiving the right to sue or otherwise claim against the Activity Provider for any injuries, losses, or damages the Participant may suffer in connection with the Activity.

6. Governing Law

7. This Waiver will be governed by and construed in accordance with the laws of the State of North Carolina.

7. Emergency Contact

8. Name: _____
Phone: _____

IN WITNESS WHEREOF, I have duly affixed my signature as parent or legal guardian on this _____ day of _____, _____.

Parent/Guardian Name (Print)

Parent/Guardian Signature

Participant Name (Minor)