

NO EASY FEET

Membership Agreement and Release of Liability Participant Information:

I acknowledge that I have voluntarily chosen to participate in training sessions offered by **No Easy Feet**. I understand that these sessions involve strenuous physical activity and that there are risks of injury or illness associated with such activity. By signing this agreement, I assume full responsibility for any risks of loss, property damage, or personal injury that may result from my participation, whether caused by negligence or otherwise.

I, on behalf of myself, my heirs, and assigns, hereby release **No Easy Feet**, its owners, employees, and agents from any claims, demands, or causes of action arising from my participation in these sessions.

2. Policies

Scheduling Policies

- All training sessions are 50 minutes in duration.
- Arriving **15 minutes late or more** will be considered a **same-day cancellation**, resulting in the forfeiture of the session.
- **Canceling or rescheduling within 72 hours** of the scheduled session start time will result in a **forfeiture of the session**.
- **Canceling more than 72 hours** before the session start time will result in a **credit for one 'To Be Scheduled' training session**.
- **Rescheduling more than 72 hours** in advance can be done by emailing adam@noeasyfeet.com with:
 - Date and time of the originally scheduled session
 - Preferred dates and times for the new session

Behavior Policies

- **No sexist, racist, or anti-LGBTQIA+ language** is permitted.
- Participants are expected to be kind, respectful, and encouraging to other gym-goers.

- Please bring a **towel** and **water bottle** to each session.

3. Payment Terms

- **Cash is preferred**, and payment is due at the time of scheduling.
- A **10% discount** is available for those who choose to **pay quarterly (90 days in advance)**.
- Missed sessions due to tardiness or same-day cancellations are non-refundable.

4. Assumption of Risk and Physical Condition

I confirm that I am in good physical condition and am capable of safely participating in the activities at **No Easy Feet**. I understand that I should consult a physician if I have any medical concerns that may affect my ability to safely participate.

5. Acknowledgment and Agreement to Terms

I have read, understand, and agree to abide by the policies and terms outlined in this agreement, including the Release of Liability. I acknowledge that my participation is voluntary and that I am assuming all risks associated with participation.