

# acac ON DEMAND

Assumption of Risk, Release of Liability  
& Indemnification



## **Express assumption of risk**

I acknowledge, that the activities and services provided by **acac** Fitness & Wellness (collectively, **acac**) on this platform and all other personnel acting on behalf or retained by **acac** in the delivery of the product involve physical activity that may be strenuous and may cause bodily injury. I understand the inherent risk of bodily injury when choosing to participate in these physical exercises. I agree that my participation in these activities, classes, events and trainings is voluntary. I willingly assume full responsibility for the risks that I am exposing myself to and accept full responsibility for any injury or death that may result from participation in any Fitness Class, Live Stream, On Demand or ANY activity while with **acac**. I acknowledge that I should consult with my physician before I undertake any physical activity or exercise program, including the above-mentioned services. I certify that I am in good health and sufficient physical condition to participate in the services.

## **Release of Liability & Indemnification**

In consideration of the above-mentioned risks and hazards and in consideration of the fact that I am willingly and voluntarily participating in the activities available with **acac**, I agree to indemnify and hold harmless and defend **acac**, its agents, representatives and employees from any and all liabilities, claims and causes of action of any nature whatsoever resulting from injuries or illness, damage or loss including attorney fees, sustained by me arising out of or in connection with or in an way associated with my participation in the services.

## **Acknowledgment**

I have read and understood the foregoing assumption of risk, and release of liability and I understand that by participating in the above-mentioned services, it obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission. I understand that by agreeing to these terms, I am waiving valuable legal rights.