



LIABILITY WAIVER. Please read in full.

I understand GROOVE is a class that may include high intensity exercise, cardiovascular, strength and flexibility training and my participation in the online GROOVE program puts me at risk of certain injuries and illnesses not limited to pulls, tears, sprains, strains, fractures, head injuries, and cardiovascular conditions.

I am aware that participation in online GROOVE may result in accident or injury, and hereby assume the risk.

I agree if I have pre-existing health conditions or injuries or develop them while on the program, I will not participate in online GROOVE unless first cleared by my physician.

I agree the GROOVE recordings are ONLY for those with signed waivers and a current membership, and I will not share them with others.

I knowingly, voluntarily and expressly waive any claim I may have against Krista Cianfarani or CommonsSpace Studios (2061535 Alberta Ltd.) for injury or damages that I may sustain as a result of participating in the online GROOVE program.

Please click on “I agree to the Liability Waiver” on the sign up form.