



PARTICIPANT WAIVER, RELEASE AND INDEMNITY AGREEMENT

In consideration for voluntarily participating in the Health Wellness & Lifestyle Expo's (The Event) Free Group Exercise Classes at Harbor Point, and/or for the services provided by The Event, TMK Sports & Entertainment, BLT Management, LLC, Harbor Point Infrastructure Improvement District, Harbor Point Planned Community Association, Inc., all participating clubs and instructors, and property owners and their respective affiliates, members, directors, trustees, offices, agents, owners, employees and/or all other persons or entities acting in any capacity on The Events behalf (collectively the "Released Parties"), I, individually and/or as parent and/or legal guardian of child attached to this waiver, who participates in and/or to whom services are provided (collectively "Participant"), hereby voluntarily release, discharge, waive and relinquish all claims, actions, demands, and/or liabilities whatsoever that Participant, its heirs, successors, assigns, and/or next of kin may have against the Released Parties (or any of them) including but not limited to, claims for bodily injury, personal injury, emotional distress, property damage, and/or wrongful death occurring to Participant. This release, discharge, waiver, and relinquishment also pertains to any instruction(s) or supervision provided to Participant by or on behalf of the Released Parties (any of them).

1. Nature and Scope of Risk – Participant acknowledges that participating in Health Wellness & Lifestyle Expo's Billy Blanks Jr. Dance It Out and all other clubs and instructors at The Event entails known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to participants, to property or to third parties.
2. Assumption of Risk – Participant expressly agrees and promises to accept and assume all of the risks associated with all classes and demonstrations at The Event. Participant's participation in this activity is purely voluntary, and Participant elects to participate regardless of all risks, known and unknown.
3. Indemnification – I further agree that in the event that any claim, action, and/or demand is made against the Released Parties (any of them) by or on behalf of Participant or by a third party arising from, relating to or based on participation in the Health Wellness & Lifestyle Expo's Group Class at The Event, then Participant shall defend, indemnify and hold harmless the Released Parties (any of them) from, against, and in respect of any loss, liability, cost and/or revenue (including reasonable attorney's fees) resulting from any such claim, action and/or demand.
4. Insurance – Participant declares that Participant has adequate insurance to pay for any injury or damage Participant may cause to any third-party or suffer while participating. Otherwise, Participant agrees to bear the costs of such injury or damage to third party or Participant. Participant further declares that Participant is willing to assume the risk of any medical or physical condition Participant may have.
5. Choice of Venue- In the event Participant files a lawsuit against the Released Parties (any of them), Participant agrees to do solely in the State of Connecticut, County of Fairfield and further agrees that the substantive law of Connecticut shall apply in that action without regard to the conflict of law rules.
6. Use of likeness and/or image – Participant authorizes and agrees that The Event, TMK Sports & Entertainment, LLC, BLT Management, LLC and Stamford Health (Hospital) have the right to use all photographs or videos taken of me or my child during The Event, demos, classes, open sessions, etc. for advertising or promotional material.

I acknowledge that I have read this "Participant Waiver, Release and Indemnity Agreement," and am aware of the legal consequences of signing this binding agreement. I represent that I am at least eighteen (18) years of age and am legally bound by adding my signature hereto. I sign this release willingly, voluntarily and without any inducement, and agree to be bound by the terms contained herein. Participant agrees that if any portion of this agreement is found to be void and unenforceable, the remaining portions shall remain in full force and effect.

Participants Name: _____

Address: _____ City: _____

State: _____ Zip Code: _____ Email: _____

Phone Number: _____ D.O.B: _____

Emergency Contact Name: _____

Emergency Contact Phone Number: _____

Participant Signature: _____

Please **CIRCLE THE FREE GROUP CLASS** you'll be taking at the **13th Annual Health Wellness & Lifestyle Expo 2024**, September 7 at Harbor Point Boardwalk area, Stamford, CT.

GROUP FITNESS ZONE sponsored by Sacred Heart University

SATURDAY, SEPTEMBER 7

10:30 AM – 11:10 AM	Strength Training Interval Training with Hanna Gleason by MADabolic Stamford
11:15 AM – 12:00 PM	Rumble Boxing Power Workout with Krista Esposito by Rumble Boxing
12:15 PM – 1:00 PM	STAMFORD HEALTH PRESENTATION
1:15 PM – 2:00 PM	Maxout with Ottis Lewis by Life Time Stamford
2:15 PM – 3:00 PM	Revolution Training Boxing with Ahmad Mickens by Revolution Training
3:15 PM – 4:00 PM	Core + Glutes with Monica Concha by Chelsea Piers Athletic Club
4:15 PM – 5:00 PM	Strength & Mobility with Emma Bolton by Evolve Fit Rx

YOGA & STRETCHING ZONE sponsored by Chelsea Piers Athletic Club

SATURDAY, SEPTEMBER 7

10:30 AM – 11:10 AM	Power Yoga with Brittany Rodriquez by Connecticut Power Yoga
11:15 AM – 12:00 PM	Stretch Fiesta with Dr. JT by Iron Health Physical Therapy & Wellness
12:15 PM – 1:00 PM	Yoga Flow with Kathy Salvo by Chelsea Piers Athletic Club
1:15 PM – 2:00 PM	Yoga for Muscle Recovery with Daniella Fioretti by Evolve Fit Rx
2:15 PM – 3:00 PM	Flow Vinyasa with Alessia Adler by Life Time Stamford
3:15 PM – 4:00 PM	Breathwork Experience for Stress-Relief and Calm with Jenn Warwick by Breathe For Life
4:15 PM – 5:00 PM	Power Yoga with a Twist with Aimee Elsner by Connecticut Power Yoga

How did you hear about the Health Wellness & Lifestyle Expo 2024?

Please return completed form to Tamara Ketler before the event or to the instructor leading the class at the event.

Tamara Ketler , **TMK Sports & Entertainment**

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