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 group classes 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 or Guardian Signature:_____

Please CIRCLE THE FREE GROUP CLASS you'll be taking at the 15th Annual Health Wellness & Lifestyle Expo 2026, September 12 at Harbor Point Boardwalk area, Stamford, CT.

GROUP FITNESS ZONE

SATURDAY, SEPTEMBER 12

10:30 AM – 11:05 AM	**ADULT RECESS - James Moran and Chris Vargas with J3 Athletics**
11:15 AM – 12:00 PM	**RUMBLE BOXING POWER WORKOUT - Loubna Agudelo with Rumble Boxing**
12:15 PM – 1:00 PM	**LIVESTRONG CANCERFIT: STRENGTH & MOBILITY - Kristin Leung with Livestrong CancerFit**
1:15 PM – 2:00 PM	**SCULPT - Clare Siebold with Pvolve Darien**
2:15 PM – 3:00 PM	**i9 SPORTS KIDS FITNESS CHALLENGE - John & Gio Moyer with i9 Sports**
3:15 PM – 4:00 PM	**MOVE STRONG - Ottis Lewis with Alpha Fit Club Fairfield**

YOGA & STRETCHING ZONE sponsored by Salerno Wellness

SATURDAY, SEPTEMBER 12

10:30 AM – 11:05 AM	**SCULPT & FLOW - Vanessa Hussein with YogaSix Stamford**
11:15 AM – 12:00 PM	**POWER YOGA - Aimee Eisner with Power Yoga Collective Stamford**
12:15 PM – 1:00 PM	**solidcore MATT CLASS - Callie Floyd by solidcore Darien**
1:15 PM – 2:00 PM	**Y6 POWER FLOW - Rylee Leonard with YogaSix Stamford**
2:15 PM – 3:00 PM	**LIVESTRONG CANCERFIT MINDFUL YOGA with Kristin Leung with Livestrong CancerFit**
3:15 PM – 4:00 PM	**JETSET PILATES – Chantal Benavidez by JETSET Pilates**

How did you hear about the Health Wellness & Lifestyle Expo 2026?

_____

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**
3 River Avenue, Suite 2A Greenwich, CT 06830
Office: 203 531-3047, Fax: 203 532-5696, Cell: 203 273-1166
Email: **tamara@tmk-eventmarketing.com**, Website: **www.HWL-EXPOS.com**