



# HEALTH & SAFETY WARNING

## YMCA OF GREATER BOSTON

Physical exercise, in all of its forms is a strenuous physical activity. Instructor led workouts in a virtual video format require additional safety and may require you to make corrections or modifications during the workout as the instructor uses equipment such as blocks, straps or any other equipment. Accordingly, you are urged and advised to seek the advice of a physician before beginning any physical exercise regimen, routine, program, or using any suggested equipment shown in any of the videos from the YMCA of Greater Boston (YMCA).

By participating in the use of these workouts, you represent that you understand that physical exercise involves strenuous physical movement and that such activity carries the risk of injury. You understand that it is your responsibility to judge your physical capabilities for such activities and to ensure that by participating in classes and activities from the YMCA, you will not exceed your limits while performing such activity. You will select the appropriate level of classes for your skills and abilities, and in consideration of any mental or physical conditions and/or limitations you have. You understand that, from time to time, instructors may suggest physical adjustments or the use of equipment, and it is your sole responsibility to determine if any such suggested adjustment or equipment is appropriate for your level of ability and physical and mental condition.

You expressly waive and release any claim that you may have at any time for injury of any kind arising out of your participation in a YMCA program, use of a YMCA video, or use of a YMCA facility against the YMCA, or any person or entity involved with the YMCA, including without limitation, its directors, principals, instructors, independent contractors, employees, agents, contractors, affiliates and representatives.