



Previous Pilates Matwork Recordings

Your utilization of previous recording of Pilates Matwork indicate that you have read the below release and waiver of liability and fully understand and agree to the terms and conditions of your participation stated below:

1. I will receive information and instruction while participating in the class, health program or workshop offered by Bay Area Cancer Connections. I recognize that this class will require physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in this class or any other physical activity associated with Bay Area Cancer Connections.
3. I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I may incur as a result of participating in the program.
4. I knowingly, voluntarily, and expressly waive any claim that I may have against Bay Area Cancer Connections or its instructors for any injury that may be incurred during my voluntary participation in this class.
5. I understand that this is an ongoing waiver and will remain in place for the extent that I continue to participate in this class.

- ❖ [Pilates Matwork - 4/10](#)
- ❖ [Pilates Matwork - 4/17](#)
- ❖ [Pilates Matwork - 4/29](#)
- ❖ [Pilates Matwork - 5/8](#)
- ❖ [Pilates Matwork - 5/15](#)
- ❖ [Pilates Matwork - 5/22](#)
- ❖ [Pilates Matwork - 5/29](#)
- ❖ [Pilates Matwork - 6/26](#)
- ❖ [Pilates Matwork - 7/10](#)