

Release Statement

Holy Cross' Worksite Wellness Exercise Program

College of the Holy Cross

I am voluntarily participating in the **Holy Cross Worksite Wellness Exercise Program ("The Program")**, as described below. I recognize that the program requires physical exertion that may be strenuous at times and may cause physical injury and I am fully aware of the risks and hazards involved. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the above mentioned program. I represent and warrant that I have no medical conditions that would prevent my participation in the program.

Program Description:

The program offers fitness activities of a 30-60-minute exercise classes including yoga, high impact, cardiovascular exercises as well as meditation and breath work. "Flow" and/or or "Slow Flow" Yoga class. Vinyasa is an active style of yoga linking poses together with the breath. Flow yoga modifies the poses for greater safety and gives lots of options in each pose so that everybody can feel uniquely and successfully challenged. Slow-Flow Yoga"- a Hatha style yoga class which incorporates Iyengar and Ashtanga style practice. In this class, a series of asanas (postures) cultivate alignment, strength & flexibility. Some simple breathing exercises, and perhaps a seated meditation, deepens the integration of breath & movement to enhance awareness. "Boot camp" is an intense 45-minute class that mixes calisthenics and body weight exercises for a complete cardio and strength training workout. "Zumba" exercise is done through routines that incorporate interval training, alternating fast and slow rhythms and resistance training. "Cycling" class is conducted on stationary bikes that simulate hill-climbing, sprints and races and provides a strenuous cardiovascular workout. "Barre" class follows a set of isometric exercises and stretches, which moves the lactic acid from the muscles by utilizing larger movements to get the heart rate up. A brief cardio exercise follows the thigh and seat sections of each workout. The "Run/Walk Club" trains participants to run or walk at their own pace to prepare to complete a 5K race. "Step it up!" is a class held at the football stadium where participants run the bleacher stairs. "Piyo" is a unique format that combines Yoga, Pilates, strength, and conditioning. "Tai Chi" Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. "Total Body in 30" covers all the basics with body weight exercises and movements that isolate all the major muscle groups. "H2O Aerobics is the best low impact way to get in a great cardiovascular and toning workout in the pool.

I am aware that my participation in the Program involves the risk of injury or illness to myself or damage to my property. I voluntarily accept all risk of personal injury, illness, and death and/or property damage resulting from my participation in the Program. In consideration of being permitted to participate in the Program, I, on behalf of my family, heirs, and personal representative(s), agree to assume all the risks and responsibilities of my participation in the Program, including transportation incident thereto, and any activities incident thereto, and I hereby release, waive, discharge, hold harmless and covenant not to sue The Trustees of the College of the Holy Cross, its trustees, officers, agents, employees, and any students acting as employees (hereinafter referred to as "Releasees"), with respect to any and all liability for any loss, harm, injury, damage, costs or expenses of any nature whatsoever, including but not limited to liability for negligence, which I or my property may sustain, whether caused by the negligent acts or omissions of the "Releasees," or due to any other cause, while participating in, or in transit to or from, the Program or any activity incident to the Program.

Any dispute, controversy or claim arising out of or relating to my participation in the Program or arising out of this Release, shall be settled by binding arbitration in the City of Worcester, Massachusetts in accordance with the rules then prevailing of the American Arbitration Association. Such arbitration shall be determined by a single arbitrator, and judgment upon the award rendered by the arbitrator may be entered in any court of competent jurisdiction.

Release Statement

Holy Cross' Worksite Wellness Exercise Program

College of the Holy Cross

This Release shall be interpreted under and governed by the laws of the Commonwealth of Massachusetts without regard to its choice of law rules. I HAVE CAREFULLY READ THIS RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I ACKNOWLEDGE THAT I HAVE HAD THE OPPORTUNITY TO ASK QUESTIONS REGARDING THIS RELEASE AND THAT I HAVE HAD THE OPPORTUNITY TO DISCUSS THIS RELEASE WITH LEGAL COUNSEL OF MY OWN CHOOSING.

Signature

Date

Print Name