

Client Enrolment form

All information will be treated in the strictest of confidence.

If cancelling or postponing a 1:1 appointment 24 hours' notice is required. Otherwise a late cancellation fee of £35 is charged.

Name	Email
Tel	Date of birth
Mobile	Occupation
Address	Sport/ hobbies
Emergency contact name	Emergency contact no

Your background & your health

<p>Will this be the first time you've practiced Pilates? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Has your doctor said you have any heart trouble or defect? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Are you, or could you be, pregnant now? How many months?</p> <p>Have you been pregnant in the last year? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Do you often get headaches or dizziness? Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p>Do you suffer from back or neck pain? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Do you suffer from any joint problems or restricted movements (eg hip, knee, shoulder, ankle)?</p> <p>Are there any movements that cause you pain?</p>
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Your background & your health

<p>Is your blood pressure high <input type="checkbox"/> low <input type="checkbox"/> normal <input type="checkbox"/></p> <p>Do you have any respiratory problems? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Are you diabetic? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Do you have a chronic or serious illness? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Have you had any operations or injuries in the last 4 years? If yes, what</p>	<p>Have you been told that you have arthritic joints, osteoporosis, osteopenia or any joint or bone problems that may be made worse by exercising? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Have you been diagnosed as hypermobile (excessive joint mobility)? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Have you ever been given remedial exercises?</p> <p>Have you been recommended to take up Pilates by a specialist practitioner?</p>
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Your aims

Which aspects of your health do you wish to concentrate on?

- Core toning strength stress management
flexibility posture relaxation back/ shoulder problems pelvic floor

What health or physical goals would you like to achieve?

Please tell us where you heard about Pure Moves

Important information/ liability release form

As a participant in Pilates, I intend to engage in physical activity. I acknowledge that these activities involve certain risks and I understand that by participating in a class I voluntarily assume the risks. I will take full responsibility for my safety in the class and I have disclosed any relevant health conditions.

Please advise us if your health or ability to exercise changes, before the start of every session.

Pilates are no substitute for medical counselling or treatment. If you have any doubts about the suitability of the exercises, you should refer back to your medical practitioner.

The teacher can accept no liability for personal injury related to participation in a session if:

- Your doctor has not given you medical clearance to exercise/to continue to exercise
- You fail to observe or wait to listen for instructions on safety and technique (or you ignore any advice or warnings given by your instructor)
- Such injury is caused by the negligence of another participant in the class

The exercises, and the transitions between exercises, should be performed at a pace which feels comfortable for you. PAIN is the body's warning system and should not be ignored. Please inform your teacher immediately if you feel any discomfort, dizziness, nausea or pain during the session. Please also inform the teacher if you felt any discomfort after a previous session.

By signing this document you are confirming that you:

- understand that Pilates involves hands-on correction and you give consent for your teachers to work in this way.
- accept that you remain ultimately responsible for your own health and safety.
- have read and understood the advice above and the information you have given in this form is correct and applicable to you.

We advise against doing Pilates between 6 – 14 weeks of pregnancy. Please wait until after your six week check when your doctor has confirmed it is safe to resume exercise. We are unable to teach women who are pregnant in mat classes, however, equipment classes may be offered in lieu where class sizes are small, and it is possible to make adjustments to exercises as a pregnancy term progresses.

I understand that the teacher of the class, rather than Pure Moves, is responsible for running the class. Pure Moves is not liable for any resulting actions, proceedings, costs, claims and demands or other liability which may arise from the teaching of this class. I confirm I have read and understood the above advice and the information I have given is correct.

Client's signature

Date

Teacher's signature

Date

Teacher's notes

Pure Moves Guidelines

DRESS

Please wear comfortable clothing with no zips, buckles or buttons (these can damage our mats, as well as dig into your skin!), that allows you to move freely. Shoes must be removed and stored in the shelves provided in the Changing Room. Remember to switch off your mobile phone! NO

CLASS PAYMENTS

We can only reserve your place if we have payment before the start date of the class half term, or if you have phoned to arrange something else. If you are unable to attend any longer please notify Pure Moves office email 2 weeks before your leaving date.

NO REFUND POLICY

Please do not ask for a refund for classes you are unable to attend as we cannot provide them. However, if you are returning, we can offer you make-ups in lieu of missed classes due to illness, injury or pregnancy.

PILATES 1:1's CANCELLATION POLICY

If cancelling or postponing a 1:1 appointment 24 hours' notice is required. Otherwise a late cancellation fee of £35 is charged. Do remember it is important to inform your Teacher of any changes to your health or wellbeing at the start of every class.

CAR PARK

There are only 4 allocated Pure Moves spaces for client use in the main car park - the rest being for the tenants of Wesley Lower School and the Church. Please do not park in non-Pure Moves spaces. There are more (limited) parking spaces on Wesley Close. A larger car park can be accessed along Christchurch Street West and first right into South Parade.

BIKES and PRAMS

Please store in bike shed (just pull door forward it only looks locked)

GLASSWARE

Please only use plastic drinking cups as provided in the Changing Room cupboard in the Main Studio. All cups must be cleaned and returned after use.

Thank you for choosing to attend our classes at Pure Moves