



Kinesis Pilates

New client

1. Waiver of Liability

I, the undersigned, acknowledge and understand that participation in Pilates involves physical activity that carries inherent risks, including but not limited to muscle soreness, injury, or other health-related issues.

I voluntarily assume all risks associated with my participation in the trial Pilates class.

I agree to release and discharge Kinesis Pilates and its instructors, employees, agents, and affiliates from any and all claims, liabilities, demands, or causes of action arising from any injury, damage, or loss sustained during the class.

2. Informed Consent

I understand that the trial Pilates class involves physical activity that may require balance, flexibility, strength, and stamina. I confirm that:

1. I am voluntarily participating in the class.
2. I am in good physical health and have no conditions that would prevent me from safely participating.
3. I have informed the instructor of any injuries, limitations, or medical conditions that could affect my participation.

I acknowledge that I have been advised to listen to my body and stop any activity if I experience discomfort or pain.

3. Medical Clearance

By signing this document, I confirm that:

1. I am medically cleared to participate in physical activity, including Pilates exercises.
2. I understand that it is my responsibility to consult a physician before starting any exercise program, especially if I have pre-existing medical conditions.
3. I will not hold Kinesis Pilates or its staff liable for any complications arising from undisclosed medical conditions.

4. Photo/Video Release

I understand that Kinesis Pilates may take photographs or videos during the trial class for promotional purposes.

- Consent: I grant permission for my image and/or likeness to be used in marketing materials, including but not limited to social media, websites, and advertisements.
- Opt-Out Option: I understand that I can notify Kinesis Pilates in writing if I do not wish to appear in any media.

5. Terms and Conditions

1. Trial Class Details:

- This trial Pilates class is complimentary and lasts for 30 minutes.

2. Subsequent Fees:

- If I wish to join the 1-month Pilates course (4 x 1-hour lessons) payment is due upon enrolment.
- If I choose to book one-off lessons, payment is due upon booking.

3. Cancellation Policy: (trial class)

- If I cannot attend the booked trial class, I agree to notify Kinesis Pilates at least 24 hours in advance to avoid losing the session.

4. Behaviour:

- I agree to follow the instructor's guidance and studio rules during the session. Disruptive behaviour may result in removal from the premises.

Acknowledgment and Signature

By signing below, I confirm that:

- I have read and understood this document in its entirety.
- I agree to the terms and conditions outlined above.
- I voluntarily assume all risks and responsibilities related to my participation in the trial Pilates class.

Full Name:

Contact Number:

Signature:

Date:

Emergency Contact Information

Name:

Contact Number:

IMPORTANT INFORMATION

Due to this document being sent electronically please return this document via your personal email address