



Consent & Waiver Form

By signing below, I do hereby voluntarily consent to an exercise program as outlined by the Pilates method and by Jennifer Barnett, certified instructor. I, the undersigned, knowingly and voluntarily assume any and all risks of, and take full responsibility for, any personal injury, death and/or damage to personal property that may arise from services and/or products received by me in connection with Jennifer Barnett, Pilates with Jennifer llc.

I understand that Pilates is a form of physical activity with the purpose of increasing my body awareness, core strength, balance, breath control, overall strength and flexibility, and postural alignment. These exercises may be done on the mat or with quality equipment designed for this purpose. I understand that my instructor has my best interest in mind, and I will communicate if an exercise is uncomfortable at any time. I agree to listen to my instructor and heed all warnings, cautions and instructions during all workouts to ensure my safety. I understand that exercise on Pilates equipment has risks, I accept these risks, and do not hold the instructor or studio responsible should any injury result in relation to the equipment.

I do not hold my Pilates instructor responsible for any physical ailments as a result of workouts in the studio, or as a result of any exercises performed outside the studio under the recommendation of Pilates with Jennifer llc. I agree to inform my instructor immediately should I start feeling unwell during exercise. To my knowledge, I have neither limiting physical conditions nor disability that would preclude an exercise program. I hereby certify that I know of no medical problem (other than those noted below) that would increase my risk of illness and injury as a result of participation in a regular exercise program. Pilates with Jennifer recommends obtaining a physician's approval prior to involvement in a progressive exercise program.

Please list, date and describe all relevant medical injuries/surgeries/physical restrictions (if any)

24-hour Cancellation Policy:: Pilates with Jennifer adopts a 24-hour cancellation policy. Due to the nature of the practice, it is important that you attend every session you schedule.

For this reason, if you do not contact the studio (phone/email/text) within 24 hours to cancel your appointment, you will be charged the full amount for that session. In addition, if you arrive late to your session or must leave early the full charge for the 50-minute class applies.

Exceptions to the late charge policy are up to the discretion of Pilates with Jennifer llc only and are non-negotiable.

_____ **Initial here** to acknowledge that you understand and agree to the 24-hour cancellation policy.

I have carefully read and understand all of the above information and am fully aware of what I am signing. I acknowledge that this is a release of all liability.

Signature: _____ **Today's Date:** _____

Name (print): _____ Date of Birth: _____

Mailing Address:

Telephone: _____ Email: _____

Emergency Contact: _____ Telephone: _____

Email: _____ Cell phone: _____

Do you prefer communication via Text? YES NO

Studio Policies

Payment :: All services are payable at the time or in advance and are non-refundable after 30 days. Pilates with Jennifer LLC accepts cash, check, and online payment. Payment may be made per exercise session or purchased in advance for a discount and studio credit. Any fee changes at Pilates with Jennifer LLC will be posted 4 weeks prior to the change.

Your session :: All private sessions are 50 minutes. Pilates with Jennifer LLC encourages you to arrive on time to your Pilates session. The studio will provide all the equipment necessary for your workout, Peak Pilates apparatus, mats, magic circles, weights and water.

For your comfort :: You are encouraged to wear comfortable fitted pants or shorts designed for exercise, with form fitting t-shirts or tank tops. Bare feet are best however, sticky socks work too for maintaining grip. For your own comfort, I recommend you do not eat heavily within 1 to 2 hours before your workout.

We all have busy lives and many emails to open, so please indicate if you would like to receive emails about news & specials at Pilates with Jennifer llc **yes please / no thanks**



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Springs Pilates

1115 Vicksburg Lane N. # 17, Plymouth MN 55447

First Session/Demo is Complimentary

Subsequent Sessions

1 Private Session \$95 – Duet \$142.50

Introductory Special 4 Private Sessions \$300 – Duet \$400

4 Private Session Package Rate \$340 (\$85 per session) - 4 Duet Session Package \$450

1 Adult Class Session \$35

Introductory Special 4 Class Sessions \$100

4 Session Package Rate \$120 (\$30 per session)

Teen Class Session \$20 (16-19 yrs)

4 Session Package Rate \$80 (\$20 per session)

Payments accepted via Venmo or PayPal

Venmo @Jennifer-Barnett-49 (preferred)

Pay Pal PayPal.me/GlasgowJen (preferred)

Cash or Check