

Welcome to Pinnacle Pilates

Name: \_\_\_\_\_

Address:

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Do you have any injuries, aches, or pains? (Recent or old) Please describe:

Are there any health concerns? I.e. Asthma, diabetes, high blood pressure, medications...

Are you presently doing other kinds of therapy? I.e. Massage, PT, chiropractic...

Are you or were you active in sports, exercise programs, physical activity? Describe.

Have you had any past training in the Pilates method of movement? If yes, where?

The equipment weight limit is 350 lbs. Please let the instructor know if you exceed the limit. You will work on the mat until you are within the limit.

WAIVER OF LIABILITY AND INFORMED CONSENT RELEASE:

Consultation with a medical practitioner is recommended prior to beginning any program of regular exercise. I understand that this exercise and conditioning program, like any physical conditioning activity or exercise program, present some unavoidable risk of injury, especially to people who have pre-existing injuries, illness or medical disabilities. I understand that the use of exercise equipment also carries a risk of injury. I have and will continue to keep Dawn Grieco fully informed of any physical condition or disability which would prevent or limit my participation in an exercise or physical conditioning program. I acknowledge that, although the conditioning program I participate in may have substantial physical benefits, Dawn Grieco will not engage in or treat medical diseases or deficiencies. I expressly assume all risk of my participation in the special exercise program conducted and waive any claim which I might otherwise bring against Pinnacle Pilates or Dawn Grieco as a result of injury resulting from or relating to my participation in this special exercise program.

24 hours Private Session Cancellation Policy:

I am aware Pinnacle Pilates requires a 24 hour cancellation. If I do not call within 24 hours of my scheduled class I will be responsible for paying for that session.

Duet and Trio Payment Policy and Cancellation

Class will pre-pay monthly once all dates are agreed upon. There are no make-ups for cancellations after committing to the classes in that given month.

Duet or Trio classes will review schedule at the beginning of the month or at the last paid session. The class will commit to how many sessions they will attend that month. If only 1 person can make class, that person will decide to upgrade to a private or take that session off. If you have to miss a class that you paid for and have already committed you will lose that session. This policy assists in providing the least amount of interruption to classmates, cancellation of class, and a guarantee of your spot in that class.

Please print name

Sign Name

Date: