



| Office use only | |
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| <input type="checkbox"/> Deposit | <input type="checkbox"/> Mat |
| <input type="checkbox"/> EFT | |
| <input type="checkbox"/> Cash | |
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| \$..... | |

Name

Home Address

Suburb Age

Occupation

Mobile Tel

Email

Tel

Course Day Time

Course Suburb

Medical Questions

It is important to check with your Doctor before commencing Pilates and let our instructors know about any special conditions. This is particularly important if you are or recently have been pregnant, injured or ill.

Do you exercise at least once a week? Yes No

Are you on prescription medication? Yes No

Have you been hospitalised in the last 6 months? Yes No

Have you been pregnant in the last 6 mths? Yes No

If you are currently pregnant, how many months?

Medical Conditions

Is there any medical condition that affects you? Yes No
 (eg stroke, heart condition, diabetes, epilepsy, high blood pressure → 140/90, palpitations, rheumatic fever, arthritis, neck, ankle, back, knee and muscular pain, cramps, asthma).
 Please provide details

Have you done pilates before this course?

Yes, with Pilates 4 You

Yes, with

No, this is my first time.

Are you in a medical fund? Yes No

Name of fund if you are in one

Your Doctor's Name

Name of Practice

Suburb of Practice

Please note that membership is not transferrable to another person or term.

Personal Statement and Waiver

I advise that I do not have any injuries, ailments or conditions which would prevent me from undertaking Pilates 4 You classes and that I take these classes at my own risk. If I have answered yes to the Medical Conditions question above, I have sought qualified professional advice regarding my ability to participate in this course and am satisfied with that advice. I understand that Pilates 4 You instructors and staff are not qualified or able to provide medical advice and I indemnify Pilates 4 You instructors and staff against any claim that may result from my attendance and participation at any Pilates 4 You class. I have answered the questions to the best of my ability.

Signed Date

Did you book online at www.pilates4you.com.au? Yes No

I found out about PILATES 4 You from:

Newspaper Internet Search Friend Letterbox Lorraine Poster Doctor Specialist

www.pilates4you.com.au Outdoor Sign Other