



Name: _____

Permanent Address: _____

City: _____ State: _____ Zip: _____

Telephone (Home): _____ Cell: _____

Email: _____

Male or Female _____ Birth Date: _____

Occupation: _____ Employer: _____

Spouse: _____

Emergency Contact: _____ Emergency Phone: _____

Have you had any injuries, surgeries, or ailments, which may limit your exercise that we should be aware of? _____

Are you pregnant? _____ Do you smoke?: _____

**Pilates is NOT recommended for pregnant women who have not done pilates in the month prior to pregnancy.*

Are you currently taking any medications, and if so, what kind? _____

Currently, what type of exercise do you do and how often? _____

Any areas of tension and/or weakness? _____

Waiver of Liability

I SUBSCRIBE TO AND ACCEPT THE FOLLOWING: I ACKNOWLEDGE THAT THE PILATES MILL HAS NOT AND WILL NOT RENDER ANY MEDICAL SERVICES INCLUDING MEDICAL DIAGNOSIS OF MY HEALTH CONDITION AND FURTHER REPRESENT THAT I HAVE CONSULTED MY PHYSICIAN AND HAVE BEEN CLEARED TO PARTICIPATE IN THE ACTIVITIES CONTEMPLATED BY THE PILATES MILL. THE PILATES MILL OR ANY OF ITS OWNERS OR STAFF SHALL NOT BE LIABLE FOR ANY DAMAGES ARISING FROM ANY PERSONAL INJURIES SUSTAINED BY CLIENT ON OR ABOUT THE PREMISES IN ATTENDING PILATES® . ANY CLIENT USING THE EQUIPMENT DOES SO AT HIS/HER OWN RISK AND ASSUMES FULL RESPONSIBILITY FOR ANY INJURIES OR DAMAGES WHICH MAY OCCUR TO HIM/HER, AND HE/SHE DOES HEREBY FULLY AND FOREVER RELEASE AND DISCHARGE THE PILATES MILL AND ITS OWNERS AND STAFF FROM ANY AND ALL CLAIMS, DEMANDS, RIGHTS OF ACTION, OR CAUSE OF ACTION, PRESENT AND FUTURE, WHETHER KNOWN OR UNKNOWN RESULTING FROM THE USE OF THE EQUIPMENT. I AM AWARE THAT PARTICIPATION IN ANY SPORT OR PHYSICAL EXERCISE MAY RESULT IN ACCIDENT OR INJURY, AND I ASSUME THE RISK CONNECTED WITH THE PARTICIPATION IN SAID SPORT OR EXERCISE.

Signature: _____

Date: _____

POLICY INFORMATION

Cancellation Policy:

IN ORDER TO FAIRLY ACCOMMODATE EVERYONE'S BUSY SCHEDULES, ADVANCE NOTICE FOR ALL APPOINTMENTS AND CANCELLATIONS IS PARAMOUNT FOR MAXIMUM EFFICIENCY. AS A PROFESSIONAL COURTESY, THERE WILL BE NO CHARGE ON SESSIONS THAT ARE CANCELLED WITH MORE THAN 24 HOURS NOTICE. FULL PRICE WILL BE CHARGED FOR ALL SESSIONS CANCELLED WITH LESS THAN 24 HOURS NOTICE. IF YOU ARE A REGULARLY SCHEDULED CLIENT WITH AN INSTRUCTOR AND ARE CONTINUALLY LATE, CANCELLED, OR NO-SHOW, YOU MAY BE DROPPED FROM THE INSTRUCTOR'S REGULAR SCHEDULE AT HER/HIS DISCRETION. CLASSES MUST BE CANCELLED 12 HOURS PRIOR TO CLASS TIME. THE PILATES MILL DOES NOT OFFER REFUNDS.

PLEASE INITIAL THAT YOU HAVE READ THIS POLICY AND FULLY UNDERSTAND ITS MEANING:

Signature: _____ Date: _____

Sessions:

EACH TRAINING SESSION IS BASED ON A 50 TO 60 MINUTE HOUR. TO GET THE MOST OUT OF EACH SESSION, PLEASE BE READY TO EXERCISE AT THE APPOINTMENT TIME. COME HYDRATED, NOURISHED, AND WARMED-UP IF POSSIBLE. ALL SESSIONS REQUIRE APPOINTMENT. APPOINTMENTS SCHEDULED IN ADVANCE WILL ASSURE THE BEST CHANCE OF YOUR PREFERRED TIME. ALL FIRST-TIME APPOINTMENTS MUST BE PREPAID.

Series: THE PURCHASE OF A SERIES ACTS AS A CREDIT WITH THE STUDIO. AT EACH VISIT, THE APPROPRIATE CHARGES WILL BE SUBTRACTED FROM THE SERIES BALANCE. GROUP CLASS PACKAGES EXPIRE 3 MONTHS FROM DATE OF PURCHASE. PRIVATES AND SEMI-PRIVATE PACKAGES EXPIRE 6 MONTHS FROM DATE OF PURCHASE. THERE ARE NO REFUNDS ON ANY SERIES PURCHASED.. YOU ARE NOT ALLOWED A VISIT WITH A NEGATIVE BALANCE.

Duets & Trios: IF YOUR SCHEDULED PARTNER CANCELS, YOU WILL RECEIVE THE OPTION FOR A PRIVATE SESSION. THESE SESSIONS MUST BE ARRANGED BY THE INSTRUCTORS AND THE PARTIES INVOLVED.

THE PILATES MILL IS NOT RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS.

Attire: CLOTHING SHOULD BE COMFORTABLE TO MOVE IN AND ALLOW THE INSTRUCTOR TO SEE THE BODY UNINHIBITED. PILATES IS PRACTICED WITHOUT SHOES, BUT SOCKS ARE OPTIONAL. PLEASE WEAR PANTS THAT DO NOT HAVE ZIPPERS, AS THEY DAMAGE THE EQUIPMENT.

PLEASE BE COURTEOUS IF YOU ARRIVE EARLY TO A SESSION AND KEEP TALKING TO A MINIMUM.

CELL PHONE USAGE IS NOT ALLOWED INSIDE OF THE PILATES MILL. PLEASE PUT YOUR CELL PHONE ON SILENT WHEN YOU ENTER THE BUILDING.

SIGN-UPS FOR ALL GROUP CLASSES ARE REQUIRED. THE PILATES MILL USES MINDBODY. SOFTWARE. ACCESS TO THE PAGE IS LISTED ON THE COMPANY WEBSITE.

THEPILATESMILL.COM