



Enrollment Form

Name		Date
Permanent Address		
Home Phone	Cell Phone	E-mail Address
Occupation		Birth date (Month/Day/Year)

Do your work/ sport involve any of the following?

- | | | | |
|--------------------------|--------------------------|-----------------------------|--------------------------|
| Sitting for long periods | <input type="checkbox"/> | Driving | <input type="checkbox"/> |
| Bending | <input type="checkbox"/> | Standing | <input type="checkbox"/> |
| Lifting heavy weights | <input type="checkbox"/> | Any other repetitive action | <input type="checkbox"/> |

1. Has your doctor ever said that you have any sort of heart trouble or defect? Yes___ No___
2. Have you ever been told that you have arthritic joint or any bone or joint problem that may be made worse with exercise? Yes___ No___
3. Are you pregnant, or have you had a baby in the last 6 months? Yes___ No___
4. Have you had any operations in the last year? Yes___ No___
5. Is there other good reason not yet mentioned that should stop your performing physical exercise? Yes___ No___
6. Have you ever had a back injury? Yes___ No___
7. Are you currently suffering from backache? If so, do you know why? Yes___ No___
8. Have you ever received any physical therapy? If so, do you know why? Yes___ No___

Describe: _____

9. Are there any movements that cause you pain? (e.g. raising your arms, bending forward, to the side etc.) _____

10. Do you wish to strengthen a particular area? Do you have a specific goal you want to accomplish?

Comments: _____



Please advise the instructor before commencing a class if for any reason your ability to exercise has changed. It is inadvisable to do Pilates between weeks 8 to 14 of pregnancy, unless by special arrangement with the instructor. It is also wise to wait six weeks after the birth before resuming exercise.

Pilate's exercises are very safe but, as with all forms of exercise, it is prudent to consult with your doctor before starting classes. The classes are not substitute for medical counseling or treatment.

If you have any doubts about the suitability of the exercise, you should refer back to your medical practitioner. The instructor can accept no liability for personal injury related to participation in a class if:

- a. your doctor has, on health grounds, advised you against such exercise.
- b. you fail to observe instruction on safety or technique.
- c. such injury is caused by the negligence of another participant in the class.

Signed _____ **Date** _____

In case of emergency, please contact _____ Phone _____

Relationship _____

Cell _____ Address _____

Additional Information:

Blood Type _____ Allergic to _____

Doctor's Name _____ Phone _____

How did you hear about us? _____

Thank you. Please return this form to the instructor.

For staff use only

