

**Pure Pilates
Registration Form**

Name _____ Start Date _____

Address _____

Phone _____ Work or Cell _____

E-mail _____

Emergency Contact _____ Phone _____

Health Information

Are there any physical problems that should be taken into consideration for your exercise program?

What are your fitness goals?

ACKNOWLEDGEMENT OF RISK AND WAIVER OF LIABILITY

I understand that I, _____ will be participating in a fitness program through Pure Pilates that will require physical exertion. Although the most common injuries or symptoms associated with exercise involve sprains, strains, dizziness, fainting and/or discomfort in breathing, I recognize that there is a risk of serious injury (and in extreme cases, death) associated with any fitness program. Consequently, I was advised by Valya Karcher to obtain the approval of my doctor before beginning a fitness program through Pure Pilates, and have had the opportunity to do so. Before beginning this program, I also was asked by Valya Karcher whether I have any physical or mental limitations, or whether I am taking any medications or receiving any medical treatment that might make it unsafe for me to participate in this fitness program. There is no such limitation, medication or medical treatment other than those that I have written on the attached sheet.

I understand that, by signing this statement, I am agreeing not to hold Valya Karcher or Pure Pilates responsible for any bodily injury or property damage that I may suffer as a result of my participation in this fitness program. As such, I understand and agree that Pure Pilates shall not be liable for any bodily injury or property damage that may result either directly or indirectly from my participation in a fitness program through Pure Pilates.

Signature

Date

My Personal Commitment To You

Beginning a new physical fitness program takes courage. Continuing a new physical fitness program takes dedication. Seeing the results of that dedication takes your breath away...

My commitment to you:

- ❖ To honor and hold your physical and emotional health as my highest priority.
 - My intention is to provide you with the safest and most effective pilates workout that I can.
- ❖ To respect your time and busy schedule.
 - When you schedule a private lesson the entire studio is reserved for you.
 - When you schedule a semi-private, studio space is reserved for you.
 - I will not release your reservation to another client unless I receive a 24 hour cancellation notice from you either by phone or e-mail.

Pure Pilates Studio Policies:

1. To avoid being charged for a missed session, a 24 hour cancellation notice is required. Please leave a phone or e-mail message. To honor everyone's time and busy schedules, there are no exceptions.
2. Please refrain from wearing perfumes, scented lotions or after-shave products. Not only do the reformer straps and leather absorb the scent, but some clients have perfume sensitivities.

I have read and agree to abide by the studio policies of Pure Pilates.

Signature