

Pilates Enrolment Form



Name: _____

Age group: 14-19 20-40 41-60 61-70 71+

Email: _____

Mobile ph : _____

What's prompted you to try Pilates? Please tick the ONE or TWO MAIN reasons.

Back pain	<input type="checkbox"/>	To improve my flexibility	<input type="checkbox"/>
Hip or knee pain	<input type="checkbox"/>	To become stronger	<input type="checkbox"/>
Neck, shoulder or arm pain	<input type="checkbox"/>	To get back in shape	<input type="checkbox"/>
Other aches and pains	<input type="checkbox"/>	Recommended by health professional	<input type="checkbox"/>
To improve my posture	<input type="checkbox"/>	To improve my bone density	<input type="checkbox"/>
To improve my performance in a sport	<input type="checkbox"/>	Otherwrite in	<input type="checkbox"/>

1. Do you have any health, joint or bone conditions (including osteopenia and osteoporosis) that may restrict you in class? If Yes, please describe it here:	Yes	No
2. Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?	Yes	No
3. Do you feel pain in your chest when you do physical activity?	Yes	No
4. In the past month, have you had a chest pain when you were NOT doing physical activity ?	Yes	No
5. Do you lose balance because of dizziness or do you ever lose consciousness ?	Yes	No
6. Is your doctor currently prescribing medication for your blood pressure or a heart condition ?	Yes	No
7. Is there any other reason why you should not exercise? (write in below)	Yes	No

If YES to ONE OR MORE: You should consult with your doctor to clarify that it is safe for you to become physically active at this current time and in your current state of health. Having answered YES to one of the above, I have sought medical advice and **my GP has agreed that I may exercise**. I have read, understood and accurately completed this questionnaire. I confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation involves a risk of injury.

Signature: _____ Date : _____

If NO to all questions: It is reasonably safe for you to participate in physical activity, gradually building up from your current ability level. I have read, understood and accurately completed this questionnaire. I confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation involves a risk of injury.

Signature: _____ Date : _____

Data Protection – I agree to Campbell Pilates storing this personal information electronically for essential purposes & to let me know about classes & workshops. I also understand that when I participate in online classes, that the class may be recorded and shared with people attending other Campbell Pilates classes.

Signature: _____ Date: _____

Please return your form at your first class or email it to sally@campbellpilates.com

Preparing for your Pilates Class

1. Mats are provided at the Studio but you will need to bring your own mat to classes at other locations. A 10mm thick mat is recommended for Pilates.
2. Please wear stretchy clothing e.g. leggings, yoga or sweat pants and for everyone's comfort, a LONG t-shirt.
3. Fresh, non slip socks are essential for all Studio classes. If you're using your own mat, you are welcome to go barefoot.
4. If you are having a Reformer lesson, please do not wear anything with a zip as it can damage the equipment. You will also need to take off all jewellery. Completely smooth finger rings are the only exception.

Exercising Safely

1. Please let me know at the start of each class if you have any recent injuries, aches and pains or illnesses.... E.g. a sore neck or back.
2. If at any stage you experience sharp pain while exercising, you should always stop immediately! However, it's our job to help you work your muscles & create new movement habits, so you will probably experience some muscle aches during your class (or 1-2 days after). Breathe deeply! Persevere! It will be easier next time 😊
3. Please have a drink of water as soon as possible after finishing your class. Even if you don't feel thirsty.

Injuries, Joint or Mobility Issues? At least one Private Lesson is usually recommended prior to joining a group class. Please let me know in advance so we can work out what's best for you.

It's Hands-On I do my best to explain verbally and to demonstrate but sometimes it's just easier and safer to gently adjust you using touch. Please let me know, if you'd rather I didn't!

Booking & Payments Group classes are booked online: <https://bookwhen.com/campbellpilates> Card payments can be made when booking online. Otherwise please make a bank transfer payment to **Sally Campbell 06-0589-0400452-02**

Changes and Cancellations Policy – Group mat classes – please email or text me if you can't make your class. There is no cancellation or change fee if you've prepaid for the term. **Reformer classes** – please change or cancel your lesson via the booking system at least 24 hrs beforehand to avoid a full cancellation fee. **Private lessons** – please email me at least 24 hours in advance to avoid a full cancellation.

Photos & Videos Photos & videos are occasionally taken during classes for education & marketing purposes. They are usually taken at an angle that doesn't clearly show anyone's face. Zoom classes are recorded but only the Teacher view is shared in Replay Links.

Covid Lockdown Policy – If we are unable to meet for our usual group mat classes (Covid Level 3 or 4), you will receive an email inviting you to attend a variety of Zoom classes instead. Feel free to attend as many or as few as you like. You will receive a replay link for every Live Zoom Class you attend which is accessible for 7 days. If you don't attend any Live Zoom classes, you will still receive a replay link which is appropriate for you. If you don't receive your replay link via email within 2 days of your normal class, please contact me. All classes will resume in Level 2.

Please note that Zoom classes/replay links during Covid Levels 3 and 4 count as part of your prepaid pack of classes, whether you attend/view them or not.

All clear? I look forward to seeing you at class and helping you develop a stronger, more flexible body. Let me know if you'd like a private assessment first!

Contact Sally: sally@campbellpilates.com 022 5994 210