

# 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"/>	Other .....write in	<input type="checkbox"/>

1. Do you have any health, joint or bone conditions (including osteopenia and osteoporosis) that may restrict you in class? <b>If Yes, please describe it here:</b>	Yes	No
2. Has your doctor ever said you have a <b>heart condition</b> and that you should only do physical activity recommended by a doctor?	Yes	No
3. Do you feel <b>pain in your chest</b> when you do physical activity?	Yes	No
4. In the past month, have you had <b>chest pain</b> when you were <b>NOT doing exercising</b> ?	Yes	No
5. Do you lose balance because of <b>dizziness</b> or do you ever <b>lose consciousness</b> ?	Yes	No
6. Are you currently taking medications for <b>blood pressure</b> or a <b>heart condition</b> ?	Yes	No
7. Do you have any recent or old injuries that may restrict you in class?	Yes	No

**If YES to ONE OR MORE:** 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 my personal details being stored for essential purposes & to let me know about classes & workshops. I also understand that photos and videos are occasionally taken and I agree to these group images being shared on social media.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## **Preparing for your Pilates Class**

1. Community hall/school based classes: Please bring your own mat to mat classes. A 10mm thick mat is recommended for Pilates.
2. Lessons at the Studio: Please wear non-slip socks . No clothing with zips please as it can damage the equipment. Minimise jewelry too please. Thanks for your understanding!

## **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 my 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! You will get better! ☺
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?** Please let me know before joining a group class so we can work out what's best for you. One or more private lessons may be necessary.

## **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** or bring Cash

## **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 8 hrs beforehand to avoid a full cancellation fee.

**Private lessons** – please email me at least 24 hours in advance to avoid a full cancellation fee.

**All clear?** I look forward to seeing you at class and helping you develop a stronger, more flexible body!

**Contact Sally:** [sally@campbellpilates.com](mailto:sally@campbellpilates.com) 022 5994 210