



Stow Pilates

Client Enrolment Form

All information will be treated in the strictest confidence

Name.....

Address.....

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..... Postcode.....

Telephone No Home Mobile.....

Email address.....

Date of Birth.....

Occupation.....

Sports / Hobbies.....

Does 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 Repetitive actions	<input type="checkbox"/>

Which type of tuition would you like to attend?

Group Class Introductory Lesson Private Home/Studio Lesson

Prices

10 Week Course £70 per person
Course Introductory Lesson £25 (1 to 1 basis done in clients home or studio)*

Private Home/ Studio Lesson £40 per hour (£50 for 2 people)

* This is recommended as a precursor to a course to better understand the principals of breathing and finding neutral spine during the exercises. It is also useful to clients to identify any postural or medical issues in the privacy of your home or the studio.

Medical Questionnaire

- 1. Do you have a record of heart trouble or defect? Yes No
- 2. Have you any problems with arthritic joints? Yes No
- 3. Are you pregnant or had a baby in the last 6 months? Yes No
- 4. Do you often get headaches or feel faint? Yes No
- 5. Have you ever had surgery? Yes No
- 6. Do you suffer from asthma, diabetes or epilepsy? Yes No
- 7. Do you suffer from any back pain or neck pain? Yes No
- 8. Do you have any pain/movement in any joints? Yes No
- 9. Is your blood pressure – High Low Normal
- 10. Are there any movements that cause you pain? Yes No
- 11. Are you currently taking any medication? Yes No

If you have answered Yes to any of the above, please give details below:-

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- 12. Have you been referred to Pilates by a specialist practitioner?
Yes No
- 13. If Yes, do you hereby give permission for us to contact them?
Yes No

Their Name..... telephone.....

Pilates exercises are very safe but, as with all forms of exercise, it is prudent to consult you doctor before starting a Pilates or any other class. We cannot accept any liability for personal injury related to participation in a session if your doctor has advised you against it, you fail to observe instruction on safety or technique or sustain an injury caused by the negligence of another participant in the class. Exercise should be performed at a pace which feels comfortable for you. Any pain during the exercises should not be ignored and you must tell the instructor immediately of your discomfort.

I confirm that I have read and understood the above advice and that the information I have given is correct.

Signed..... Date.....

Payment: Cheques to be made payable to RICHARD ELLIS.

If you wish to pay by cash, this can be done on the first session

enquiries@stowpilates.co.uk
0781 6079876