



CLIENT INFORMATION

NAME: _____

PERMANENT ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE (HOME): _____ CELL: _____

EMAIL ADDRESS: _____

MALE FEMALE BIRTH DATE: _____

OCCUPATION: _____ EMPLOYER: _____

SPOUSE: _____

PERSON TO CONTACT IN CASE OF AN EMERGENCY: _____ PHONE #: _____

HAVE YOU HAD ANY INJURIES, SURGERIES, OR AILMENTS, WHICH MAY LIMIT YOUR EXERCISE THAT WE SHOULD BE AWARE OF?

ARE YOU PREGNANT? YES NO ARE YOU A SMOKER? YES NO

PILATES IS NOT RECOMMENDED FOR PREGNANT WOMEN WHO HAVE NOT DONE PILATES IN THE MONTH PRIOR TO PREGNANCY. PREGNANT WOMEN ARE ALLOWED TO DO XTEND BARRE AS LONG AS THEY TELL THE INSTRUCTOR BEFORE THE CLASS THAT THEY ARE PREGNANT AND WEAR A HEART RATE MONITOR FOR OVERHEATING & DEHYDRATION.

ARE YOU CURRENTLY TAKING ANY MEDICATIONS, AND IF SO, WHAT KIND?

CURRENTLY, WHAT TYPE OF EXERCISE DO YOU DO AND HOW OFTEN?

ANY AREAS OF TENSION AND/OR WEAKNESS? _____

WAIVER OF LIABILITY

I SUBSCRIBE TO AND ACCEPT THE FOLLOWING: I ACKNOWLEDGE THAT WILLOW HAS NOT AND WILL NOT RENDER ANY MEDICAL SERVICES INCLUDING MEDICAL DIAGNOSIS OF MY HEALTH CONDITION AND FURTHER REPRESENT THAT I HAVE CONSULTED MY PHYSICIAN AND HAVE BEEN CLEARED TO PARTICIPATE IN THE ACTIVITIES CONTEMPLATED BY WILLOW. WILLOW OR ANY OF ITS OWNERS OR STAFF SHALL NOT BE LIABLE FOR ANY DAMAGES ARISING FROM ANY PERSONAL INJURIES SUSTAINED BY CLIENT ON OR ABOUT THE PREMISES IN ATTENDING PILATES® OR POWER PLATE SESSIONS. ANY CLIENT USING THE EQUIPMENT DOES SO AT HIS/HER OWN RISK AND ASSUMES FULL RESPONSIBILITY FOR ANY INJURIES OR DAMAGES WHICH MAY OCCUR TO HIM/HER, AND HE/SHE DOES HEREBY FULLY AND FOREVER RELEASE AND DISCHARGE WILLOW AND ITS OWNERS AND STAFF FROM ANY AND ALL CLAIMS, DEMANDS, RIGHTS OF ACTION, OR CAUSE OF ACTION, PRESENT AND FUTURE, WHETHER KNOWN OR UNKNOWN RESULTING FROM THE USE OF THE EQUIPMENT. I AM AWARE THAT PARTICIPATION IN ANY SPORT OR PHYSICAL EXERCISE MAY RESULT IN ACCIDENT OR INJURY, AND I ASSUME THE RISK CONNECTED WITH THE PARTICIPATION IN SAID SPORT OR EXERCISE.

SIGNATURE: _____ DATE: _____

POLICY INFORMATION

CANCELLATION POLICY

IN ORDER TO FAIRLY ACCOMMODATE EVERYONE'S BUSY SCHEDULES, ADVANCE NOTICE FOR ALL APPOINTMENTS AND CANCELLATIONS IS PARAMOUNT FOR MAXIMUM EFFICIENCY. AS A PROFESSIONAL COURTESY, THERE WILL BE NO CHARGE ON SESSIONS THAT ARE CANCELLED WITH MORE THAN 24 HOURS NOTICE. FULL PRICE WILL BE CHARGED FOR ALL SESSIONS CANCELLED WITH LESS THAN 24 HOURS NOTICE. IF YOU ARE A REGULARLY SCHEDULED CLIENT WITH AN INSTRUCTOR AND ARE CONTINUALLY LATE, CANCELLED, OR NO-SHOW, YOU MAY BE DROPPED FROM THE INSTRUCTOR'S REGULAR SCHEDULE AT HER/HIS DISCRETION. CLASSES MUST BE CANCELLED 4 HOURS PRIOR TO CLASS TIME. UNLIMITED CLASS PACKAGE CLIENTS WILL BE CHARGED \$15 FOR NO-SHOWS AND LATE CANCELLATIONS. WILLOW DOES NOT OFFER REFUNDS.

PLEASE INITIAL THAT YOU HAVE READ THIS POLICY AND FULLY UNDERSTAND ITS MEANING: _____

SESSIONS

EACH TRAINING SESSION IS BASED ON A 50 TO 60 MINUTE HOUR. WHEN APPLICABLE, THE TRAINER MAY CHOOSE TO ELONGATE THE SESSION IN ORDER TO COVER HIS/HER DAILY SESSION PLAN. TO GET THE MOST OUT OF EACH SESSION, PLEASE BE READY TO EXERCISE AT THE APPOINTMENT TIME. COME HYDRATED, NOURISHED, AND WARMED-UP IF POSSIBLE.

ALL SESSIONS REQUIRE APPOINTMENT. APPOINTMENTS SCHEDULED IN ADVANCE WILL ASSURE THE BEST CHANCE OF YOUR PREFERRED TIME AND INSTRUCTOR. ALL FIRST-TIME APPOINTMENTS MUST BE PREPAID.

SERIES: THE PURCHASE OF A SERIES ACTS AS A CREDIT WITH THE STUDIO. AT EACH VISIT, THE APPROPRIATE CHARGES WILL BE SUBTRACTED FROM THE SERIES BALANCE. **GROUP CLASS PACKAGES EXPIRE 3 MONTHS FROM DATE OF PURCHASE. PRIVATES AND SEMI-PRIVATE PACKAGES EXPIRE 12 MONTHS FROM DATE OF PURCHASE.** THERE ARE **NO REFUNDS** ON ANY SERIES PURCHASED.. YOU ARE NOT ALLOWED A VISIT WITH A NEGATIVE BALANCE.

DUETS & TRIOS: DUETS AND TRIOS PERTAIN TO CLIENTS WHO HAVE COMPLETED AT LEAST TWO (2) PRIVATE SESSIONS – INSTRUCTOR'S DISCRETION. IF YOUR SCHEDULED PARTNER CANCELS, YOU WILL RECEIVE THE OPTION FOR A PRIVATE SESSION. THESE SESSIONS MUST BE ARRANGED BY THE INSTRUCTORS AND THE PARTIES INVOLVED.

WILLOW IS NOT RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS.

ATTIRE: CLOTHING SHOULD BE COMFORTABLE TO MOVE IN AND ALLOW THE INSTRUCTOR TO SEE THE BODY UNINHIBITED. PILATES IS PRACTICED WITHOUT SHOES, BUT SOCKS ARE OPTIONAL. PLEASE WEAR PANTS THAT DO NOT HAVE ZIPPERS, AS THEY DAMAGE THE EQUIPMENT. FOR XTEND BARRE, NON-SLIP SOCKS ARE REQUIRED.

PLEASE BE COURTEOUS IF YOU ARRIVE EARLY TO A SESSION AND KEEP TALKING TO A MINIMUM. CELL PHONE USAGE IS NOT ALLOWED INSIDE OF WILLOW. PLEASE PUT YOUR CELL PHONE ON SILENT WHEN YOU ENTER THE BUILDING.

SIGN-UPS FOR ALL CORE FIT CLASSES ARE REQUIRED. WILLOW USES MINDBODY. ACCESS TO THE PAGE IS LISTED ON THE COMPANY WEBSITE. WILLOW-STUDIO.COM