



## Pilates Waiver & Consent Form

By signing below, I do hereby voluntarily consent to an exercise program as outlined by the Classical Pilates method and the certified Pilates instructors and apprentices at Clasique. I, the undersigned, knowingly and voluntarily assume any and all risks of, and take full responsibility for, any personal injury, death and/or damage to personal property that may arise from services and/or products received by me in connection with Brooke Tyler, Clasique Pilates' certified instructors and all Clasique Pilates' apprentices.

I understand that Classical Pilates is a form of physical activity with the purpose of increasing my body awareness, core strength, balance, breath control, overall strength, flexibility, and postural alignment. I understand that whether I am working in a private session, semi-private session, group mat class or group equipment class, my instructor has my best interest in mind and **I will communicate** if an exercise is uncomfortable or I do not feel well at any time. **I agree to listen** to my instructor and heed all warnings, cautions, and instructions during all sessions/classes to ensure my safety. I understand that exercise on Pilates equipment and the mat work has risks, I accept these risks, and do not hold the instructor or studio responsible should any injury result for any reason.

**I do not hold my Pilates instructor responsible for any physical ailments as a result of workouts in the studio, or as a result of any exercises performed outside the studio under the recommendation of Clasique instructors or apprentices.** To my knowledge, I have neither limiting physical conditions nor disability that would preclude an exercise program. I recognize that exercise carries some risk to the musculoskeletal system (sprains, strains) and the cardio-respiratory system (dizziness, difficulty breathing, heart strain). *I hereby acknowledge and accept these risks.* I hereby certify that I know of no medical problem (other than those noted below) that would increase my risk of illness and injury as a result of participation in a regular exercise program.

Relevant medical injuries/surgeries/physical abnormalities (if any):

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**24-hour Cancellation Policy** :: Clasique follows a 24-hour cancellation policy for all sessions and classes. *You must contact the studio within 24-hours of your scheduled appointment, otherwise you will be charged the full amount for the service.*

\_\_\_\_\_ **Initial** here to acknowledge our **24-hour cancellation policy**.

\_\_\_\_\_ **Initial** here to acknowledge that pre-purchased individual and packages of sessions and classes have corresponding **expiration dates**.

**Signature of Consent:** \_\_\_\_\_

**Name (print):** \_\_\_\_\_ **Today's Date:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_ **Zip code:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Telephone:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Contact Telephone:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **How did you hear about us?** \_\_\_\_\_

## **Additional Studio Information**

**Payment ::** All services are payable in advance or at the time of service and are non-refundable. Any fee changes at Clasiq will be posted 4 weeks prior to the fee change.

**Recommended Arrival ::** Please arrive on time to your private or group session or class. Please silence your cell phones.

**Recommended Attire ::** The studio will provide all the equipment necessary for your workout. Please bring your own water bottle. Please wear clean socks. Please wear pants that do not have zippers (or sharp points) as zippers damage the equipment.

**Pilates Teacher Training Studio ::** Clasiq is proud to be a Pilates Teacher Training studio. Pilates apprentices will be in the studio practicing independently, observing and assisting, or teaching clients. If you wish not be observed or assisted by an apprentice we are happy to honor that request, please let Brooke know. Private sessions with an apprentice are available at a discounted rate as the apprentices progress through the different levels of training and testing.

**Photographs and Features ::** Clasiq remains active with studio photography for the purpose of keeping our website images and social media platforms fresh and relevant. If you wish to not have pictures taken or be featured in a positive light, please let us know.

**Please follow us on Facebook, Instagram, and youTube.**