

CHLOE JENKIN PILATES

Client Enrolment Form - All forms to be treated in the strictest of confidence

Personal details	Health and wellbeing
Name:	1. Do you have any health issues that might affect your ability to participate in exercise? (eg. Asthma, diabetes, epilepsy, abnormal blood pressure, surgery or injuries)
Address:	
Telephone number	
Email Address:	
Sex:	2. Do you have any arthritic joints, Osteoporosis, Osteopenia or bone or joint issues? <input type="checkbox"/> Yes <input type="checkbox"/> No
Date of Birth:	
Occupation:	3. Are you taking any medication that might affect ability to exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No
Sports, Hobbies:	4. Has a specialist practitioner ever recommended you take-up Pilates? <input type="checkbox"/> Yes <input type="checkbox"/> No
Emergency Contact & Number	5. Do you hereby give us permission to contact them? <input type="checkbox"/> Yes <input type="checkbox"/> No Practitioner's names _____ Contract number _____
	6. Could you / are you / have you recently been pregnant? <input type="checkbox"/> Yes <input type="checkbox"/> No Delivery: Normal, Caesarean, Intervention
	7. Have you ever practiced Pilates before? <input type="checkbox"/> Yes <input type="checkbox"/> No Level of experience?

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Your Aims (Reason for taking up Pilates / Goals in the next 3 months)

Important Information

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Please advise us before commencing any session if, for any reason, your health or your ability to exercise changes.

It is inadvisable to do Pilates between weeks 8 to 14 of pregnancy, unless by special arrangement with your teacher. It is also wise to wait six weeks after the birth before resuming exercise.

Pilates exercises are very safe but, as with all forms of physical exercise, it is prudent to consult your doctor before starting Pilates sessions.

These sessions are not a substitute for medical counselling or treatment. If you have any doubts about the suitability of the exercises, you should refer to your medical practitioner. The teacher can accept no liability for personal injury related to participation in a session if:

- Your doctor has, on health grounds, advised you against such exercise
- You fail to observe instructions on safety or technique
- Such injury is caused by the negligence of another participant in the class/studio

Exercise should be performed at a pace which feels comfortable for you. Pain is the body's warning system and should not be ignored. Please inform your teacher immediately if you feel any discomfort during a session. Please also inform your teacher if you felt any discomfort after a previous session.

I understand that Chloe Jenkin Pilates exercises involve hands-on correction and I hereby consent for my teachers to work in this way.

Fees are to be paid in advance of the block commencing to secure your place. If you miss a class, you are welcome to fit into another with prior agreement.

Cancellation policy: Private and semi-private lessons 24hours notice required for a refund. Group classes, no refund available once the block has started.

GDPR - You have provided personal data on this document, to help inform our instructors of your training needs and circumstances. Should you wish to be removed from class email lists or have your record shredded, please contact Chloe Jenkin Pilates.

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

Signed:

Client.....

Date.....