

# PILATES 360 PLUS

move, feel, look better

## CLIENT QUESTIONNAIRE

### Personal Information

Name: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

How did you hear about us? \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Email: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Work phone \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work or cell phone: \_\_\_\_\_

### Health History

Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of last physical exam: \_\_\_/\_\_\_/\_\_\_

Do you have your doctor's clearance to exercise? \_\_\_\_ Yes \_\_\_\_ No

Please list any medication(s) and the reason(s) for taking: \_\_\_\_\_

\_\_\_\_\_

Are you currently involved in an exercise program? \_\_\_\_ Yes \_\_\_\_ No

If yes, please list activity, frequency, duration and intensity: \_\_\_\_\_

\_\_\_\_\_

If you have tried any of the exercise methods listed below please list your years of experience.

Pilates Mat \_\_\_\_\_, Pilates Equipment \_\_\_\_\_, Barre Classes (Dailey Method, Booty Barre,

The Bar Method, etc.) \_\_\_\_\_, TRX Suspension Training \_\_\_\_\_

What are your fitness goals? (check all that apply)

Overall toning \_\_\_\_\_, Strength \_\_\_\_\_, Flexibility \_\_\_\_\_, Pain relief \_\_\_\_\_, Weight loss \_\_\_\_\_

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## Medical History

Please check any conditions you have:

Osteoporosis/osteopenia \_\_\_\_\_

High blood pressure \_\_\_\_\_

Low blood pressure \_\_\_\_\_

High cholesterol \_\_\_\_\_

Diabetes \_\_\_\_\_

Known heart disease \_\_\_\_\_

Epilepsy \_\_\_\_\_

Asthma \_\_\_\_\_

Hernia \_\_\_\_\_

Back pain \_\_\_\_\_ If yes, please explain: \_\_\_\_\_

Other joint pain \_\_\_\_\_ If yes, please explain: \_\_\_\_\_

\_\_\_\_\_

Have you had any surgeries? \_\_\_\_\_

\_\_\_\_\_

Do you smoke? \_\_\_\_\_ Yes \_\_\_\_\_ No

Are you pregnant? \_\_\_\_\_ Yes \_\_\_\_\_ No

Are you moderately active on most days of the week? \_\_\_\_\_ Yes \_\_\_\_\_ No

Do you know of *any* reason why you should not engage in physical activity? \_\_\_\_\_ Yes \_\_\_\_\_ No

If you have answered "Yes" to one or more of the above questions, consult your physician before engaging in physical activity. After a medical evaluation, seek advice from your physician on what type of activity is suitable for your current condition.

To the best of my knowledge, the above information is true.

\_\_\_\_\_

Signature

\_\_\_\_\_

Date

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## WAIVER OF LIABILITY

By checking the box below I agree that Pilates 360 Plus is in no way responsible for the safekeeping of my personal belongings while I attend class. I understand that classes at Pilates 360 Plus may be physically strenuous and I voluntarily participate in them with full knowledge that there is risk of personal injury, property loss or death. I agree that neither I, my heirs, assigns or legal representatives will sue or make any other claims of any kind whatsoever against Pilates 360 Plus or its members for any personal injury, property damage/loss, or wrongful death, whether caused by negligence or otherwise.

## Cancellation Policy

We strictly observe a 24-hour cancellation policy. Sessions or classes cancelled with less than 24 hours' notice will be charged. Thank you for your understanding.

## Expiration Policies

Group equipment packages, mat/barre packages, and TRX packages of 5 sessions expire 2 months from the date of purchase. Packages of 10 sessions expire 3 months from the date of purchase.

All private session packages expire 6 months from the date of purchase.

Expiration dates will be strictly observed, so please plan your purchases with vacations and appointments in mind.

If your sessions or classes are about to expire, you may purchase another package of the same type of sessions or classes and we'll extend the expiration date on your old package to the new expiration date on your new package. However, once your sessions or classes expire you cannot use them or extend them.

## Class Policies

Classes and private sessions may only be reserved if paid for in advance. Drop-in is available on a space available basis.

## Return Policies

Un-used classes and private training sessions are not refundable but are transferable.

Retail items may be returned with a receipt in the original packaging in unused condition within 10 days of the date of purchase.

Please sign if you understand and agree to these terms.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date