



Neuro Rehab Pilates Course: Booking Form: November - December 2018

Name:	
Date Of Birth:	

The next Neuro Rehab Pilates Course will commence Thursday 1st November, and run until the 20th December. This will be an 8-week course.

Please ensure these forms are returned **by Thursday 1st November 2018** so we can determine if numbers are sufficient to run the course.

Kind regards

Jo

Course: Pilates-based Neuro Rehab Class; Thursday 12-noon

Dates:

Thursday 1 st November	Thursday 6 th December
Thursday 8 th November	Thursday 13 th December
Thursday 15 th November	Thursday 20 th December
Thursday 22 nd November	
Thursday 29 th November	

Please cross off any classes you can not attend

Fees (please circle):

- All 8 classes - £40 Cash
- 7 of the 8 classes - £35 Cheque (made payable to "Pilates Clinic Retford")
- 6 or less of the 8 classes - £30 BACS transfer (sort code: 777154, account no: 24434368)

General Health

Please give details of any medical problems that have arisen since your initial assessment /or since completing you last re-registration form:



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Are You Pregnant? Yes No

If yes, when is the due date?

If yes, have you had any complications with your pregnancy? Yes No

Any other comments?

PILATES PARTICIPATION INFORMED CONSENT

The Pilates program will continue to be advanced in stages depending on your fitness level. It is important for you to exercise at your own rate and within your own level of comfort and ability. Your Physiotherapist may stop the exercise session because of signs of fatigue or excessive strain. It is important for you to realise that you may stop exercising at any time you wish because of feelings of discomfort, pain or fatigue.

If for any reason your health or ability to exercise changes, you must inform the Physiotherapist before the Pilates session commences.

THIS INFORMATION IS PROTECTED BY THE DATA PROTECTION ACT 2018

Please note:

- Once a course of classes has commenced, no refund can be given for missed sessions.
- If a session is cancelled by the Physiotherapist, a full refund will be given for that session.
- A minimum of 6 clients must be booked onto a course for that course to run. If this number is not met, a full refund will be given.

I acknowledge that I have read this form in its entirety or it has been read to me. I have completed all sections in full and the information I have given is correct. I understand my responsibility in the Modified Pilates Exercise Classes / 1:1 sessions in which I will be engaged. I accept the risks, rules, and regulations set forth. Knowing these, and having had an opportunity to ask questions which have been answered to my satisfaction, I consent to participate in Modified Pilates Exercise Classes.

Signed

Date

Print Name