



Neuro Rehab Pilates Course: Booking Form: January – March 2019

Name:	
Date Of Birth:	

The next Neuro Rehab Pilates Course will commence Thursday 10th January 2019, and run until Thursday 25th March 2019.

Please note the fees / payment structure has changed format. Class fees remain the same but it is now £50 per quarter for all class members: 12 for the price of 10 if you attend all! There will be 8 “free” classes throughout the year, so if you are away for a month this course, you should make the classes back later in the year! The classes will not be running over the Christmas fortnight, and the additional 2 classes not included in the fees are to accommodate for classes cancelled due to illness, weather or holidays. If we have more than 4 weeks when classes are not running over 2019 then you will receive a credit note for £5 per cancelled class. There is also the option to pay by monthly standing order. Any questions, please ask!

Please ensure these forms are returned **by Thursday 13th December 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 10th January	Thursday 7th February	Thursday 7th March
Thursday 17th January	Thursday 14th February	Thursday 14th March
Thursday 24th January	Thursday 21st February	Thursday 21st March
Thursday 31st January	Thursday 28th February	Thursday 28th March

Please cross off any classes you can not attend

Payment (please circle):

- Cash (£50)
- Cheque (£50) (made payable to “Pilates Clinic Retford”)
- BACS transfer (£50) or Monthly Standing Order (£16.66 per month):
sort code: 777154, account no: 24434368

Do you require a receipt? Yes No



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General Health

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

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