



## Seated Pilates Course Re-Booking Form: January - March 2019.

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<b>Name:</b>	
<b>Date Of Birth:</b>	

The next Seated Pilates course will commence Wednesday 9<sup>th</sup> January 2019, and run for 12 consecutive weeks, bringing us to the end of 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 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 13<sup>th</sup> December 2018** so we can determine if numbers are sufficient to run the course.

Kind regards

Jo

**Course: Pilates in Sitting Class; Wednesdays @ 12.15pm**

**Dates:**

<b>Wednesday 9<sup>th</sup> January</b>	<b>Wednesday 6<sup>th</sup> February</b>	<b>Wednesday 6<sup>th</sup> March</b>
<b>Wednesday 16<sup>th</sup> January</b>	<b>Wednesday 13<sup>th</sup> February</b>	<b>Wednesday 13<sup>th</sup> March</b>
<b>Wednesday 23<sup>rd</sup> January</b>	<b>Wednesday 20<sup>th</sup> February</b>	<b>Wednesday 20<sup>th</sup> March</b>
<b>Wednesday 30<sup>th</sup> January</b>	<b>Wednesday 27<sup>th</sup> February</b>	<b>Wednesday 27<sup>th</sup> March</b>

*Please cross off any classes you cannot 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:

### 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