



Neuro Rehab Pilates Course: Booking Form: July - September 2019

Name:	
Date Of Birth:	

The next Neuro Rehab Pilates Course will commence Thursday 4th July 2019, and run until Thursday 26th September 2019

Please note – we are going to have to cancel the class on Thursday 27th June as both Tricia and Jo are away on a neurological training course in London. To make up for this class we are running classes on all 13 weeks over July, August and September.

If we have more than 4 weeks in total 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 20th June 2019** so we can determine if numbers are sufficient to run the course. ****Please note: we currently have a waiting list for this course; returning your forms is essential to secure your class space**** Please contact Jo if any questions.

Kind regards

Jo

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

Dates:

Thursday 4 th July	Thursday 1 st August	Thursday 5 th September
Thursday 11 th July	Thursday 8 th August	Thursday 12 th September
Thursday 18 th July	Thursday 15 th August	Thursday 19 th September
Thursday 25 th July	Thursday 22 nd August	Thursday 26 th September
	Thursday 29 th August	

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