



**PD Warrior Course:
Re-Booking Form: July - September 2019**



Name:	
Date Of Birth:	

The next PD Warrior course will commence Wednesday 3rd July 2019, and run until Wednesday 25th September 2019

Classes will be running over all 13 weeks for this course.

If we have more than 4 weeks in total when classes are not running over 2019 then you will receive a credit note for £10 per cancelled class. There is also the option to pay by monthly standing order. Any questions, please ask!

Please ensure these forms are returned and invoices paid **by Thursday 20th June 2019** so we can determine if numbers are sufficient to run the course.

Kind regards

Jo

Course: PD Warrior; Wednesday 4.45pm

Dates:

Wednesday 3rd July	Wednesday 7th August	Wednesday 4th September
Wednesday 10th July	Wednesday 14th August	Wednesday 11th September
Wednesday 17th July	Wednesday 21st August	Wednesday 18th September
Wednesday 24th July	Wednesday 28th August	Wednesday 25th September
Wednesday 31st July		

Please cross off any classes you can not attend

Payment (please circle):

- Cash (£100)
- Cheque (£100) (made payable to "Pilates Clinic Retford")
- BACS transfer (£100) or Monthly Standing Order (£33.33 per month):
sort code: 777154, account no: 24434368

Do you require a receipt? Yes No

Address for posting booking forms:

Pilates Clinic Retford, Dental 22 Buildings, Chapelgate, Retford. DN22 6PL.



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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?

PD WARRIOR PARTICIPATION INFORMED CONSENT

The PD Warrior 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 PD Warrior 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 4 clients must be booked onto a PD Warrior 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 PD Warrior classes 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 PD Warrior Exercise Classes.

Signed

Date

Print Name