



## Seated Pilates Course Re-Booking Form: July - September 2019.

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

The next Seated Pilates Course will commence Wednesday 3<sup>rd</sup> July 2019, and run until Wednesday 25<sup>th</sup> 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 20<sup>th</sup> June 2019** so we can determine if numbers are sufficient to run the course.

Kind regards

Jo

**Course:    Seated Pilates Class; Thursday 12-noon**

**Dates:**

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

*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:

### 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