



## Waiver and Release

You agree as follows:

1. You fully understand that you are engaging in physical exercise, including the use of exercise equipment, exercise facilities and training by an instructor which may/could cause injury. You hereby agree to voluntarily participate in this form of exercise, inside Pilates + Yoga (hereinafter, "P+Y") facilities, and you are assuming all risks of injury to you on account of these activities. It is further agreed the P+Y personnel will not perform an evaluation of your physical condition, which might result in the identification of risk factors.
2. You understand and agree that you are waiving any and all claims you may have, now or in the future, against P+Y or any persons owning, or working on behalf of P+Y for active or passive negligence or any other claim for personal injuries. You hereby warrant, represent and agree that you have no physical disability, impairment or ailment preventing you from engaging in any exercise offered, or that will be detrimental to your health, safety or comfort or that of others.
3. You agree hereby to waive any and all claims or rights you might otherwise have against P+Y, including the right to sue P+Y, employees, independent contractors, agents or owners for any claims.
4. You have carefully read this waiver and release and fully understand it is a release of any and all future claims against P+Y for injuries or risk of injuries resulting from activities while attending P+Y facilities. You represent to us that you have full authority to enter this release and waiver, and that it shall bind you, your heirs, and representatives.
5. You, your insurer/agent, further agree to release P+Y from any liability for any loss or theft of personal property. P+Y is not responsible for personal property loss inside or out of the studio.
6. You certify that your physician has not given any notice that exercise would currently be harmful to you and your health. You have correctly filled out any and all medical conditions or injuries on this form.
7. You understand that all memberships are nonrefundable, non transferable and may not be temporarily frozen. It is always advisable to consult a physician before beginning any exercise routine.
8. If you are feeling unwell it is your responsibility to cancel your session. Due to limited space the cancellation policy will be enforced.

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**Client Signature**

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**Date**

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**Guardian Name** (If student is under 18 years old)

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**Guardian Signature**



Name \_\_\_\_\_ Birthday \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Do you have injuries, aches, pains, or health conditions? Please describe:

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Are you pregnant? YES / NO

Describe previous or current physical activities:

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What fitness and health goals do you wish to achieve through Pilates + Yoga?

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How were referred to Pilates + Yoga? Friend / Online / Yelp / Drove By / Groupon

If you were referred who may we thank? \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Relationship \_\_\_\_\_

Emergency Contact Phone Number \_\_\_\_\_

## **Cancellation Policy**

If you are unable to keep your appointment, you are required to notify Pilates + Yoga (24) hours in advance for Private Sessions and (12) hours in advance for Group Sessions. All "No Show" classes will be charged a \$15 late fee. All packages expire (1) year from time of purchase. All auto-pay memberships require a (30) day notice for cancellation and are for a term of (6) months. A credit card must be kept on file for any cancellation fees.

## **Studio Etiquette**

Please remove your shoes promptly upon entering the studio. All clients must sign in on every visit, and promptly prior to workout must disclose any injury, illness, doctor's advice, or if you are pregnant. Please keep perfumes to a minimum. Grip socks are required for all reformer classes.