**Studio Information & Cancellation Policy**

* We encourage each client to book their group classes online and in advance. Should you need any assistance or have any questions call (203)438-2222 or email pilatesbarre@att.net
* You may schedule standing reservations for group classes
* There are no refunds or exchanges, all sales are final.
* Please give 24-hour notice of cancellation by email to avoid being charged.
* Clients with unlimited monthly packages will be charged $20 for late cancellations or no-shows when classes are full.

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| --- | --- | --- |
| Name: | Date of Birth: | Email: |
| Phone (Home) | (Cell) | How did you hear of us? |
| Address |  | |
| What are your current physical activities? |  | |
| Do you have any physical injuries or limitations? If, yes please explain. |  | |
| Emergency Contact | (Name) | (Phone) |
| Are you currently an exercise instructor of any kind? Are you affiliated with an exercise franchise? | | |
| Do you have any Pilates or Barre experience? If yes, where and for how long? | | |

**Waiver of Liability and Informed Consent Release**

In consideration of being permitted to participate in the class offerings at the Pilates Barre, related events and activities, I acknowledge and agree to the following:

1. I willingly agree and assume full responsibility to participate in the exercise classes, workshops or fitness programs offered by the Pilates Barre during which I will receive information and instruction about fitness. I recognize that exercise requires physical exertion, which may be strenuous and may cause physical injury. I am fully aware of the risks and hazards involved.
2. I agree to assume full responsibility for any risks, injuries or damages, known and unknown, which I might incur as a result of participation in the exercise classes, workshops or fitness programs offered by the Pilates Barre.
3. I understand it is my responsibility to consult a physician prior to and regarding my participation in the exercise classes, workshops or fitness programs offered through the Pilates Barre. I represent and warrant that I am physically fit and have no physical or mental health condition which would prevent my full participation in the exercise classes, workshops and fitness programs.
4. I knowingly, voluntarily and expressly waive any claim I may have against the Pilates Barre for injury or damages I may sustain resulting from my participation in these exercise classes, workshops and fitness programs.
5. I understand that from time to time during an exercise class, workshop or program, the instructor may physically adjust students’ form and posture. If I do not want such physical adjustments, I will so inform the instructor at each class I attend. I also acknowledge that if I do wish to receive such adjustments, it is my responsibility to inform the instructor when an adjustment has gone as far as I desire at that time.
6. I, for myself and on behalf of my heirs, personal representatives and next of kin, forever release, waive, discharge and covenant not to sue the Pilates Barre, its officials, instructors, other participants, or, if applicable, the owners/lessors of the premises (“Releasees”) for any injury, disability, death or loss or damage to person or property, whether arising from the negligence of the Releasees or otherwise.
7. I have read this Waiver of Liability and understand its terms, and I freely and voluntarily have signed this waiver without any inducement.

**Parent/Guardian of Participant of Minority Age (Under 18 at the time of registration)** This is to certify that I, as a parent/guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above. I, for myself and on behalf of my heirs, personal representatives and next of kin, forever release, waive, discharge and covenant not to sue Releasees from any and all liabilities incident to my minor child’s participation in these programs, weather arising from their negligence or otherwise.

**Participant/Parent/Guardian/Signature:**

**Print Name: Date:**

**Emergency Telephone Number:**