

Pilates Registration Form

Name..... Date of Birth

Address.....

.....Postcode.....

Tel no. (home)..... (mobile).....

GP name and address.....

Your Email address.....

Have you ever done Pilates before ? Yes / No

What are the 3 main aims that you are hoping to achieve by attending Pilates classes?

- 1.....
- 2.....
- 3.....

Are you currently experiencing any of the following conditions? If yes, please give further details.

Conditions		Details
Low back pain.....	Yes / No
Pelvic pain.....	Yes / No
Any other spinal condition.....	Yes / No
Heart problems.....	Yes / No
High or low blood pressure.....	Yes / No
Epilepsy.....	Yes / No

Are you pregnant? Yes / No.

If yes, how many weeks pregnant are you ?

Have you ever had an episode of low back pain?..... Yes / No

If yes, how many episodes of low back pain have you had?.....

Have you had any recent injuries or surgery?..... Yes / No

If yes, please give details.....

Circle any of the following conditions that you have been diagnosed with or have had treatment for.

Asthma Arthritis Stroke Diabetes Depression Bronchitis Cancer

Pilates participation informed consent

The Pilates programme will begin at a low level and will be advanced in stages depending on your level of fitness. We may stop the exercise session because of signs of fatigue or excessive strain. It is important for you to realise that you may stop when you wish because of feelings of fatigue or any other discomfort.

There exists the possibility of certain dangers when exercising. They include abnormal blood pressure, fainting, irregular, fast or slow heart rhythm and in rare instances, heart attack, stroke or death. Whilst every care will be taken, it is impossible to predict the body's exact response to exercise. Please could you sign below indicating that you have understood the risks involved. It is important that you notify me of any changes to you while on the course.

Tamzin Peacock MCSP HPC

Please send completed form and cheque for £45 made payable to Riverhill Himalayan Gardens, to:

Riverhill Himalayan Gardens, Riverhill House, Sevenoaks, Kent. TN15 0RR.

If this for a Christmas gift, we must have received your form and cheque by no later than Friday 16th December 2011, please.

Signed.....Date.....