

# MIND 2 BODY STUDIO™, L.L.C.

(Please read, complete all information and sign back of sheet)

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ MOBILE PHONE: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

EMERGENCY CONTACT PHONE # \_\_\_\_\_

OCCUPATION: \_\_\_\_\_ DATE of BIRTH: \_\_\_\_\_

EMAIL: \_\_\_\_\_

- 1) Have you previously studied The Pilates Method of Body Conditioning, The **GYROTONIC EXPANSION SYSTEM®** or Yoga? If so, who have you studied with?

\_\_\_\_\_

- 2) Do you currently have any injuries of physical limitations?

\_\_\_\_\_

- 3) Do you have any injuries or physical conditions that limit your movement?

\_\_\_\_\_

- 4) Please include any surgeries, broken bones or other procedures that may help us in designing your training program.

\_\_\_\_\_

- 5) Please describe any areas of muscle weakness, tension and/or soreness:

\_\_\_\_\_

- 6) Are you currently taking any medications? Please list.

\_\_\_\_\_

- 7) What are your personal physical fitness goals?

\_\_\_\_\_

- 8) How did you hear about *Mind 2 Body™* Studio?

\_\_\_\_\_

**Please read carefully, sign and date.**

Please note: Pilates, Yoga and **GYROTONIC®** sessions are 50 minutes.

**Twenty-four (24) hours notice is required for all cancellations. Late cancellations and missed appointments will be charged as one session.**

I \_\_\_\_\_ understand, acknowledge and accept The Mind 2 Body™ twenty-four hour cancellation policy. Please initial \_\_\_\_\_ .

The studio requests that you not handle any equipment or exercise in the studio without the presence or following the direction of an instructor.

*Mind 2 Body Studio™, L.L.C.*, offers several methods of cost reduction as a courtesy to its clients. This includes all private sessions and class cards. These options are offered, however, as a commitment on the parts of both parties. The purchaser is committing financially and the studio is committing its availability. Therefore refunds are not offered on either series cards or class cards. Further, in the event that your account becomes inactive, the following periods apply for the expiration of your card:

Private sessions - 30 days

Group Class Cards - 90 days

Series Class Cards - 90 days

I \_\_\_\_\_ understand, acknowledge and accept The Mind 2 Body expiration policy on all private sessions, group class cards and series cards. Please initial \_\_\_\_\_ .

I understand that I have enrolled in a program of strenuous physical activity including but not limited to body conditioning apparatus used during my training session workouts. I hereby absolve *Mind 2 Body Studio™, L.L.C.* and its staff from any responsibility for injuries that I might sustain while practicing The Pilates Method of Body Conditioning, Anusara® Yoga and The **GYROTONIC EXPANSION SYSTEM®**.

I hereby release for myself, my heirs and assigns, *Mind 2 Body Studio™, L.L.C.* from any claims, demands, and causes of action arising from my participation in an exercise program.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_