

PERFORMANCE PILATES INJURY WAIVER FORM

Today's Date: _____

Name: _____ Date of Birth: _____

Address: _____ City: _____ State: _____ Zip _____

Phone (Home): _____ (Cell): _____

Email: _____ Occupation: _____

Emergency Contact: Name _____ Phone _____

Please indicate whether you experience or have experienced any of the following:

Arthritis Asthma Cancer Chest Pain Diabetes Fibromyalgia Headaches
 Heart Disease High Cholesterol Hypertension Child Birth Metabolic Disorder
 Neurological Disorder Osteoporosis Spinal Disorder

Describe any current/past injuries, surgeries, and pregnancies, significant medical or alternative treatments.

Check all body parts involved. Specify right(R) left (L) or both(B):

Upper Back Shoulder Hip/Pelvis Abdomen Middle Back Knee Ribcage Head
 Lower Back Foot/Ankle Hand/Arm Neck

Describe your present physical condition, including any medications:

Are you currently receiving care:

Physical Therapy Chiropractic Massage Acupuncture Other

Please explain _____

List current physical activities (including sports, exercise, movement and martial arts)

What brings you to? What are your goals?

How did you find out about Performance Pilates?

I certify that the previous page is complete and correct to the best of my knowledge.

Client Signature _____ Date _____

CANCELLATION POLICY:

As a courtesy to other clients, I understand that if I need to cancel a scheduled session, I will make every effort to notify Performance Pilates at least 24 hours in advance. Late or same day cancellations will be charged to class card or package.

Client Signature _____ Date _____

RELEASE:

I hereby certify that I am voluntarily participating in a physical conditioning and corrective exercise program with Emily Condensa I hereby affirm that I have my Physician's approval, I am in good physical condition, and I do not suffer from any disability that would limit or prevent my participation in this program. After having had the opportunity to inquire in detail regarding all aspects of the program and to have had all questions with regard to the program satisfactorily answered, including any physiological and/or psychological changes which can occur, I certify that I understand the potential risks of the program. I agree to release from all liability and to indemnify Emily Condensa, its officers, employees and all representatives from and against all claims, actions, judgments, Costs, expenses, and demands with respect to injury, loss, death or damage to my person or property in connection with my taking part in the above-stated program. It is understood and agreed that this agreement is to be binding on myself, my heirs, executors, administrators and assigns. I certify that I have read and understood the above. Intending to be legally bound, I hereby make this agreement.

Client Signature _____ Date _____

**FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE
(UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releases, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the releases from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law.

Parent/Guardian Signature _____ Date _____