

Mind & Body Wellness Studio

1445 Donlon Street, #9 • Ventura, CA 93003 • (805) 654-8354

Welcome to Mind & Body Wellness Studio, Inc.

We offer a well-balanced, safe, efficient, and personalized program designed to address each individual body. Uniquely versatile, the Mind & Body Wellness approach can be adapted to the needs of a wide range of people from those with limited mobility in rehabilitation to the elite athlete.

Your instructors are a team of talented and highly qualified professionals, certified in the teachings of Joseph H. Pilates. Our Instructors have years of experience in the health and fitness field and can accommodate your goals. **Enjoy your workout!**

Name _____ Date of Birth _____

Cell _____ Work Phone _____

Email _____ Join our email list? Yes No

Address _____ City _____ Zip _____

Occupation _____

Injuries and Treatments _____

Restrictions _____

Medications _____

Regular Physical Activities _____

Previous Pilates Experience No Yes How Long? _____ With Whom? _____

Goals: Tone Shape Strength Flexibility Endurance Weight Management Rehabilitation

Other _____

Name of Emergency Contact _____

Emergency Contact Cell _____ Work Phone _____



STUDIO POLICIES

1. The duration of a session will be 55-60 minutes.
2. The sessions are based on an individual program with continuous supervision and instruction.
3. For optimum results we recommend 3 sessions per week.
4. Please wear comfortable workout clothes that enable the instructor to observe the functioning of the body, no foot attire required (socks optional). Cleaning your feet before your session provides a hygienic environment for all clientele. Please use Baby Wipes provided in the changing room.
5. Please provide an accurate medical history in your chart.
6. Please inform the instructor if you experience discomfort of any kind during the course of your session.
7. We work hands ON; IF this is uncomfortable for you in any way, please let us know.
8. Your sessions will include work on apparatus as well as mat work. We encourage you do the mat exercises at home and we will be happy to discuss a daily program with you. Regular Mat classes are available.
9. This program will not be counter productive to any other physical activity you are involved in, but will in fact enhance your performance.
10. Please be punctual for your sessions. Mind & Body Wellness Studio, Inc. reserves the right to charge a cancellation fee and reschedule your session if you are more than 20 minutes late. All sessions must finish at the scheduled time.

CANCELLATION POLICY

Mind & Body Wellness Studio, Inc. requires 24 hours advance notice on all cancellations, or you will be charged for the session. A missed session will be regarded as a cancellation. We appreciate your understanding and cooperation. Thank you.

DISCLAIMER

I understand the various risks associated with an exercise program and it is my desire to participate. I have not withheld any relevant information regarding my physical CONDITION, WHICH may effect me during or following this session. I agree that Mind & Body Wellness Studio, Inc. is not responsible for any injuries sustained by me during my exercise session. I hereby release Mind & Body Wellness Studio, Inc. and all parties involved from any responsibility.

SIGNATURE _____ DATE _____

FOR OFFICE USE ONLY

Date _____ Instructor _____

Type of Session: Package Check Credit Card Cash **Posture:** Normal Lordosis Kyphosis Scoliosis

Comments: _____

Awarness: Good Fair Poor **Coordination:** Good Fair Poor

Strength: Good Fair Poor **Flexibility:** Good Fair Poor

Recommendations: _____

Program: Basic Elementary Intermediate Advanced Rehabilitation

Follow-up:

Date _____ Comments: _____

Date _____ Comments: _____