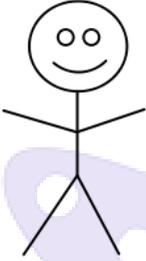


Pilates Fareham & Yoga Fareham Student Form

	Name:	
	Email address - please print:	Emergency contact details: Name
	Mobile Contact no:	

Please advise your teacher before commencing a class if for any reason your ability to exercise has changed. Pilates & Yoga exercises are safe but, as with all forms of physical exercise, it is prudent to consult your doctor before starting classes. If you have any doubts about the suitability of the exercises, or if you have answered YES to any of the questions, please consult with your doctor before starting Pilates or Yoga.

Your class teacher cannot accept liability for personal injury related to participation in class if:

- (a) Your doctor has, on health grounds, advised you against such exercise
- (b) You fail to observe instructions on safety or technique
- (c) Such injury is caused by the negligence of another participant in the class.

Exercise should be performed at a pace that feels comfortable to you. Pain is the body's warning system and should NOT BE IGNORED. Please inform you teacher immediately if you feel any discomfort during a session. Please also inform you teacher if you felt any discomfort in a previous session.

I confirm that I have read and understood the above advice and that the information I have given is correct.

Signed

Date

Payment Details: Cash on day

Or Online Banking:
 Bank Details: sort code: 40-21-03
 Account No: 91704613
 Please ref with your surname.

Pilates Fareham * Tides Studio The Old Mill Lower Quay Fareham PO16 0RA * **Yoga Fareham**

e: info@tidesstudio.com t: 079 8000 77 27 facebook: Pilates Fareham Yoga Fareham

Please read and answer honestly for your own health & safety.

 All this information is confidential	Yes ✓	No ✓	Comments (add more info if you want to)
Do you have high or low blood pressure?			
Do you suffer from backache?			
Do you suffer from neck pain/ shoulder problems?			
Do you suffer from headaches, migraines or dizziness?			
Do you suffer from chest pains?			
Do you suffer from asthma, diabetes or epilepsy?			
Have you ever been diagnosed with a heart problem or defect?			
			
Do you feel any pain in certain movements? (e.g. raising arms, bending forward or to the side etc.)			
Do you suffer from pain or restricted movement in joints? (e.g. hip, knee, ankle, elbow)			
Do you suffer from arthritis, osteoporosis, or any other bone or joint condition that could be made worse by exercise?			
Have you been diagnosed as Hypermobile? (Excessive joint mobility)			
			
Have you suffered any serious injuries or had any operations in the last year?			
Have you had any operations or serious injuries in the last 10 years (that maybe relevant)?			
Have you ever been given any remedial exercise?			
Do you have a pacemaker, hearing aid or any other metal implants?			
Are you pregnant, or had a baby in the last 6 months?			
Please let me know if you have any medical conditions that you would like me to be aware of or if you are worried about any injuries or strains that may affect your Pilates/Yoga class.			

Reviewed: