



# CLIENT INTAKE & WAIVER

Please complete this intake form prior to your first visit and/or session at the studio.

Our mission is to help people create balance, both in their body and life, through mindful and intelligent movement.

|                                    |               |
|------------------------------------|---------------|
| Name                               | Date of Birth |
| Email                              | Phone         |
| Address                            |               |
| Emergency Contact                  | Phone         |
| Health Practitioner/Doctor         | Phone         |
| How did you hear about our studio? |               |

Please read the following and check the boxes for your acceptance, and sign at the bottom.

- I agree to inform my instructor about any injuries/limitations/health concerns. Should I feel lightheaded, dizzy, nauseous or experience pain/discomfort at any time during a session, I will stop the activity and inform my instructor.
- I understand Create Balance has a 24 hour cancellation policy. If I do not cancel my scheduled lesson 24 hours in advance I may be charged in full.
- I understand that all packages are non-refundable and non-transferable. Any package can be put on hold for circumstances such as illness or injury.
- I understand cell phones need to be silenced and kept out of the work space.
- I am aware that there are risks associated with participating in fitness activities and exercise. My participation is completely voluntary and I freely accept and fully assume all responsibility for all risks and all participation in fitness activities at Create Balance Pilates Inc. Create Balance Pilates Inc. is not liable for any damage, loss or theft of personal property.

### Create Balance Policies

- All classes are 55 minutes in length, unless stated otherwise on the group class schedule. All private sessions are either 45 or 60 minutes and determined upon package choice.
  - No shoes are allowed in the studio space. Bare feet or socks please.
  - All sessions and classes must be paid in advance, unless post-dated system has been set in place.
  - Please notify us of any changes in your health/medical condition.
  - If a DUO student cancels within 24 hours, their partner must also cancel or choose to pay for and attend a private session.
  - If a DUO student cancels with less than 24 hours notice, they will be charged in full. Their partner may still attend at their regular DUO rate.
- I have carefully read, fully understand, and agree to the above.

| Program/Class Details  |                       |                        |                  |
|--|-----------------------|------------------------|------------------|
| Get Started/Rehab  | Private 45 or 60 Mins | Duo/Trio 45 or 60 Mins | Group Class Pass |
| # Sessions/Classes Purchased:  |                       | Session Rate:          |                  |
| Program Investment: \$   |                       | HST: \$                | TOTAL: \$        |
| Method of Payment (circle):    Cash      Cheque      Debit      MC      Visa |                       |                        |                  |

I would like to receive schedule releases, studio communications & specials via email. Y / N

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