

# Leeds Pilates Place Pramerercise Booking Form

Name	
Address	
Telephone number(s)	H: M:
e-mail address	
How did you hear about us?	

<b>Class:</b>	<b>Day:</b>	<b>Time:</b>
<b>Start Date:</b>	<b>Location:</b>	<b>Payment:</b>

**Please make cheques payable to the Leeds Pilates Place Chantry House, Victoria Road, Kirkstall, Leeds, LS5 3JB or pay by PayPal Via [www.leedspilatesplace.co.uk](http://www.leedspilatesplace.co.uk)**

Please answer the following	Y	N
Are you pregnant?		
Have you had a baby in the last six weeks?		
Have you been cleared to participate in Pilates by your doctor or midwife?		
Do you/have you suffered from any lower back pain?		
Do you/have you suffered from any pelvic pain?		
Is there any condition that you know of that prevents you from exercising? (Please detail)		
Have you had/are you having a multiple pregnancy		
Have you miscarried in the past?		
<b>Post Natal Only:</b>		
Method of delivery? Vaginal or Caesarean (please circle)		
Did you have any complications? (Please detail)		
Do you have Diastasis Recti? (A split in your abdominal muscles)		
Do you agree to disclose any changes in your health/fitness status prior to each class?		
If you answered yes to any of the above please give further details below or discuss with your <b>Leeds Pilates Place</b> instructor before your first class or you may want to consult your doctor before attending your <b>Leeds Pilates Place</b> class.		
We use a hands on teaching style to help you gain the full effects of the exercises please advise your Leeds Pilates Place teacher if you would prefer them not to use the hands on approach.		

**Declaration:** whilst I understand every precaution will be taken while under instruction, I accept full responsibility for my actions and consider myself fit enough to participate in exercise.

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

<p><b>Please Note:</b></p> <ul style="list-style-type: none"> <li>Babies up to 8 months of age are welcome to attend post natal classes</li> <li>Courses run on an ongoing basis, 6 week courses can be started at any time</li> <li>A 6 week course costs £42, booking is essential. If you miss a class you can make up a maximum of one class at another time within your six weeks. These <b>must</b> be booked in advance.</li> </ul>
Please tick in the box if you do not wish to be added to our mailing list <input type="checkbox"/>