

Leeds Pilates Place Membership Form

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

Membership £40	Cash	Cheque	PayPal
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Please make cheques payable to the Leeds Pilates Place Chantry House, Victoria Road, Kirkstall, Leeds, LS5 3JB or pay via PayPal at www.leedspilatesplace.co.uk

Do you suffer from any of the following	Y	N
A heart condition		
Asthma or bronchial problems		
High or low blood pressure		
Arthritis		
Epilepsy		
Severe headaches or dizzy spells		
Joint or muscle injury e.g. herniated disc, hip replacement, frozen shoulder etc		
Are you pregnant?		
Do you know of any reason you should not participate in exercise?		
Do you agree to disclose any changes in your health/fitness status?		

If you answered yes to any of the above please give further details below or discuss with your **Leeds Pilates Place** instructor before your first class or you may want to consult your doctor before attending your **Leeds Pilates Place** 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: _____

Why do I pay a membership fee?

The Leeds Pilates Place is a purposely created environment that has specialist facilities, a range of classes and unique equipment that cannot be provided within a church or school hall. Unlike the inflated monthly fees charged by gyms and health clubs our membership fee is a nominal annual fee of £40. This enables us provide you with extra comforts within a specialist environment.

Please tick in the box if you do not wish to be added to our mailing list