

Northern Beaches Pilates- Enrolment Form

Principal: Anneb  Pettersen Ph 9999 0130 / 0429 998 778

northernbeachespilates@hotmail.com



Please return by fax to 9999 0127, scan and e-mail, or bring to your first class

Name.....

Email.....

Date of Birth.....

Mobile.....

Occupation.....

Class time..... Location

Address

Day.....

.....

IN CASE OF EMERGENCY

Home Tel.....

Name.....

Have you done Pilates before?

Relationship.....

Yes, with Northern Beaches Pilates

Tel (BH)..... Tel (AH).....

Yes, with.....

No, this is my first time

Medical Conditions

Medical Questions

Do you suffer any injury in your neck or back ?

Please check with your Doctor before commencing Pilates classes, and tell your instructor about any medical conditions you have. This applies especially if you are or have recently been pregnant, injured or ill.

Is there any medical condition that could affect your ability to exercise? For example high/low blood pressure, heart condition, arthritis, knee, ankle, wrist, shoulder pain. Yes No

Do you exercise at least once a week? Yes No

Are you on prescriptive medication? Yes No

If Yes Please provide details.....

Are you or have you been pregnant or had a baby in the last six months? Yes No

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If you are currently pregnant, how many months? Yes No

If you have answered 'Yes' to any of the medical questions, please contact Anneb  before attending class

Have you been hospitalised in the last six months? Yes No

Personal Statement and Waiver

I have answered the medical questions to the best of my ability and have sought qualified professional advice regarding any medical conditions which may affect my ability to participate in Northern Beaches Pilates classes. I take these classes at my own risk and indemnify Anneb  Pettersen and her employees against any claim that may result from my participation in any Northern Beaches Pilates classes.

Signed..... Date.....

How did you find out about Northern Beaches Pilates?

www.northernbeachespilates.com.au Internet search Friend Manly Daily

Letterbox Doctor/Medical specialist Community Centre Brochure Other