



Welcome to Our Studio!

****Required**

Client Name (Please Print) **

Birthday

Street Address (Street, City, Zipcode) **

Email Address **

Home Phone **

Cell Phone **

Emergency Contact Name **

Emergency Contact Phone Number **

.....
All items in blue are required.

How did you hear about our studio? Who referred you to us?

Do you have any injuries, aches, or pains? (recent or old) Please describe:

Are there any other health concerns? (Ex. – Asthma, diabetes, high blood pressure, medications...)

Are you presently doing other kinds of therapy? (Ex. – massage, physical therapy, chiropractic...)

Have you or were you active in any sports, exercise programs, and/or other physical activities?
Please describe:

What are your goals? What do you want most from this program? How will this program serve to benefit your fitness? Goals are important to your success in our studio – please be very specific.



Policies and Procedures

Please note: all parts of this policy sheet must be initialed and signed in order for you to participate at Inner Focus Pilates, Inc.

Welcome to Inner Focus Pilates Studio! We hope your experience here will be fun and rewarding for your health and fitness. We are highly trained in the STOTT PILATES™ Method, as well as a Certified Xtend Barre® licensed studio. These policies are designed to ensure you a result oriented and successful training experience. Please read these policies carefully and direct any questions to your instructor or the Front Desk.

FORM OF PAYMENT: Pre-payment is mandatory to ensure placement in a chosen time slot. IFP requires that a current credit card be kept on file at all times to hold a spot. You will receive an email notification when your package is running low, serving as a reminder that payment for renewal is due. Your credit card will be charged to renew your package and hold your timeslot. It is your responsibility to notify IFP if you do not wish to renew or need to use a different form of payment. _____ *(initial)*

REFUNDS: All packages are non-refundable and non-transferable. _____ *(initial)*

EXPIRATION POLICY: All packages expire six months from the date of purchase. _____ *(initial)*

***ARE YOUR SESSIONS ABOUT TO EXPIRE?** If you know that you cannot use your sessions before they expire, simply purchase a new and identical package and we will extend the expiration date of the unused sessions to match those of the new package. This offer is only available within 1 month of the expiration date. _____ *(initial)*

MISSED AND CANCELLED APPOINTMENTS: To cancel an appointment without charge, you must contact the studio **at least 24 Hours** before your scheduled session. Failure to do so will result in a Late Cancellation charge of the full price of your session. Missed appointments or failure to show for a scheduled session without giving 24 hours notice of cancellation is considered a Late Cancellation.

_____ *(initial)*

LATE APPOINTMENTS: It is very important to arrive on time for each appointment as sessions are scheduled consecutively. If you arrive late, you will be charged for the full session, even though you may not receive a full session. _____ *(initial)*

SOCK POLICY: Non-slip socks are required for all Xtend Barre® classes. You may purchase a pair from IFP or you may wear your own. _____ *(initial)*

Signature

Date