



# CoreIntegrity

MOVEMENT AND PILATES SPECIALIST

## TO BE COMPLETED BY STAFF

Program Selected	
Start / Stop Date	

## TO BE COMPLETED BY CLIENT

Last Name	
First Name	
Date of Birth	
E-mail Address	
Telephone	
Occupation	
How did you hear about Core Integrity?	
Referral source, if applicable	

### Health issues

- |   |   |                                    |                                    |
|---|---|------------------------------------|------------------------------------|
| <input type="checkbox"/> Whiplash       | <input type="checkbox"/> Osteoporosis         | <input type="checkbox"/> Scoliosis | <input type="checkbox"/> Diastasis |
| <input type="checkbox"/> Herniated disc | <input type="checkbox"/> Diabetes             | <input type="checkbox"/> Sciatica  | <input type="checkbox"/> Arthritis |
| <input type="checkbox"/> Asthma         | <input type="checkbox"/> Other(specify) _____ |                                    |                                    |

Are you pregnant? \_\_\_\_\_ If yes, how far long are you? \_\_\_\_\_

How many full-term pregnancies have you experienced? \_\_\_\_\_

Have you experienced major surgeries or accidents (please provide details): \_\_\_\_\_



Routine physical activities: \_\_\_\_\_

Have you had any training in Pilates? \_\_\_\_\_

What are your goals/expectations? \_\_\_\_\_

### Payment and Cancellation Policies

We only accept the following forms of payment:

- e-transfer to [sandrabonnpilates@gmail.com](mailto:sandrabonnpilates@gmail.com) (Password: pilates)
- Cheque payable to “Core Integrity, div. of Landscape Ltd.”

You must provide at least 24 hours’ advance notice by email or phone to cancel or reschedule a training session, failing which your session is forfeited.

[sandrabonnpilates@gmail.com](mailto:sandrabonnpilates@gmail.com) | 613.866.6774

All training packages must be paid in full on the date of registration and are non-transferable / non-refundable.

Please arrive on time for your session.

### COVID-19 (“Coronavirus”) Protocol

We are following the public health directives of the Province on Ontario with respect to Coronavirus. Please conduct the Province’s self-assessment prior to attending at our studio and if you are experiencing one or more of the symptoms of Coronavirus, please call or email to reschedule your session.

All instructors and clients will be required to sanitize their hands upon entering the studio and will be required to wear a face mask covering both mouth and nose.

All equipment is sanitized between sessions.

### Liability Waiver

Pilates is not an inherently dangerous form of physical activity, particularly when following the guidance of your instructor; however, when using equipment such as the Reformer or Springboard, it is imperative that you adhere to the directions of your instructor to avoid injury.

It is recommended you consult with a physician before starting a training program. Prenatal and postnatal clients **MUST** consult with their physician and have received verbal clearance to perform physical exercise.



You should not experience any pain or discomfort during the course of the program. If you do, stop exercising immediately and inform the instructor.

I acknowledge and accept that my participation in a training program at Core Integrity is completely at my own risk. As a participant, I hereby waive, release, and forever discharge Sandra Bonn of Core Integrity from any and all responsibility or liability from injury resulting from my participation in the above-mentioned activities. I have read and fully understood the foregoing and agree to all the terms and conditions stated herein.

Name: \_\_\_\_\_ Signature \_\_\_\_\_

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