

Questionnaire

Name: _____

Today's Date: _____

Address: _____

Birth Date: _____

What are the best time / method to contact you? _____

Home: (____) ____ - ____

Cell: (____) ____ - ____

Work: (____) ____ - ____

Email: _____

What type of work do you do (long hours at a desk/computer, driving, standing, lifting, etc.)?

What other activities do you currently engage in (including non-exercise)?

What are your primary goals?

How did you hear about South Tampa Pilates?

Health Screening Form

Name: _____

Age: _____ Gender: _____

Emergency Contact: _____

Relationship: _____

Phone Number(s): _____

Have you ever been treated by a physician for:

- | | |
|--|---|
| <input type="checkbox"/> heart disease | <input type="checkbox"/> osteoporosis |
| <input type="checkbox"/> high blood pressure | <input type="checkbox"/> orthopedic/joint (shoulder/elbow/spine/hip/knee) problems |
| <input type="checkbox"/> gastric reflux | <input type="checkbox"/> arthritis |
| <input type="checkbox"/> glaucoma | <input type="checkbox"/> peripheral neuropathy (numbness/tingling/diminished sensation) |

Are you pregnant? Yes No Prior deliveries: _____

Prior surgeries: _____

Prior injuries: _____

Medications: _____

**Specifically medications that might make you dizzy or light-headed during a workout*

Activity level/current exercise frequency:

Prior movement experience? (dance, yoga, etc.)

Do you have any questions or concerns?

Waiver and Release of Liability

In consideration of my participation in the South Tampa Pilates, LLC program, related events and activities, the undersigned (“Releasor”) acknowledges, appreciates and agrees that:

1. The risk of injury from activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist;
2. I knowingly and freely assume all such risks, both known and unknown, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately.
4. South Tampa Pilates, LLC *shall not be liable* for any injuries or any damage to any member, student, or guest or be subject to *any claim*, demand, injury or damages, whatsoever, including without limitation, those damages from acts of *passive or active negligence* on the part of South Tampa Pilates, LLC, its past and present employees, actual or apparent agents, representatives, successors, officers, directors, officials, stockholders, servants, parent corporations, subsidiaries, divisions, related corporations, principles, affiliates, future affiliates, privies, partnerships, partners, all other persons under their direction and control, and/or any and all other representatives.
5. The waiver and release of liability includes, without limitation, all injuries which may occur as a result of; (a) your use of all amenities and equipment in the studio (b) your participation in group classes, including, but not limited to, Reformer, Xtend Barre, Mat, MVe Chair, TRX Suspension Training and any other group classes which may be added at South Tampa Pilates, LLC’s discretion at any time (c) the sudden and unforeseen malfunctioning of any equipment in the studio; and, (d) our instruction, training, and/or supervision;
6. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby forever expressly release and hold harmless South Tampa Pilates, LLC, its past and present employees, actual or apparent agents, representatives, successors, assigns, trustees, officers, directors, officials, stockholders, servants, parent corporations, subsidiaries, divisions, related corporations, principles, affiliates, future affiliates, privies, partnerships, partners, all other persons under their direction and control, and/or any and all other representatives, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event, as well as any other persons, parties, entities, associations and/or any other related corporation(s) (“Releasees”), with respect to all and any claims, demands, injuries, damages, actions or causes of action, including but not limited to personal injuries, disability, death, or loss or damage to person or property to the fullest extent permitted by law.

I HAVE READ THIS WAIVER AND RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

PARTICIPANT’S SIGNATURE

DATE