

## BLISS BODIES PILATES

Personal Information:

Name: \_\_\_\_\_ Address: \_\_\_\_\_ Phone No: \_\_\_\_\_

Emergency Name and Contact No. \_\_\_\_\_

Fitness Goals: (What are your short and long term training goals? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Medical History (Do you have any medical condition or physical limitations that your trainer should know about in order to provide you with the best and safest training plan?) \_\_\_\_\_  
\_\_\_\_\_

Lifestyle Information:

Smoker \_\_\_\_ Yes \_\_\_\_ No If you smoke, how many cigarettes a day, if you are comfortable giving that information?

What types of physical activities do you currently perform and how frequently? \_\_\_\_\_  
\_\_\_\_\_

What do you do for a living? \_\_\_\_\_

## CANCELLATION POLICY

If a session is cancelled **less than 24 hours but more than 12 hours before the scheduled start time**, you will be expected to pay a \$50 cancellation fee for a private and \$75 for a duet. If a session is cancelled 12 hours or less before the scheduled start time, you will be expected to pay the full session rate.

If you cancel a session **more than 24 hours before the scheduled start time**, you and your trainer will make the best effort to reschedule within 3 days in order to maintain your workout momentum.

In case of a no-show with no notice, you will be expected to pay the full session fee.

AGREED: \_\_\_\_\_ DATE: \_\_\_\_\_