

SURNAME _____ GIVEN NAMES _____

DATE OF BIRTH ____ / ____ / ____ PRIVATE HEALTH FUND _____

Recommended by _____

Have you done Pilates previously? **YES** **NO**

Please specify where you have undertaken Pilates before and for how long? _____

What is your reason for commencing Pilates at Stirling Health Professionals? _____

Please list any current medical conditions or pains that may affect your ability to participate fully in these exercise classes?

Please specify whether any of the following conditions affect you, by indicating 'Yes' or 'No'

| YES | NO | | YES | NO | |
|-----|----|----------------------------------|-----|----|----------------------------|
| | | Uncontrolled reflux | | | Pelvic instability |
| | | Uncontrolled high blood pressure | | | Pubic symphysis separation |
| | | Osteoporosis | | | Osteitis pubis |
| | | Spinal stenosis | | | Total hip replacement |
| | | Spondylolisthesis | | | Shoulder impingement |
| | | Pregnancy >20 weeks | | | Glaucoma |

PILATES CLASSES – Term 1 2018: Monday 29th January 2018 & Thursday 1st February 2018

What you need to know before commencing the course:

Pilates is a series of body and mind exercises which help

- Improve core strength
- Improve postural awareness
- Improve flexibility and balance
- Improve muscle tone
- Aids in injury prevention

Your class will be instructed by our qualified physiotherapist Leandra.

Please bring clean socks, a clean towel, a drink bottle if required, and wear relatively fitted but comfortable clothing suitable for exercise.

Class Fees: There will be 2 commencing dates and times.

1. The first class will commence on **Monday 29th January 2018 at 6:30PM** this class is usually held **every Monday for 10 weeks**.
2. Those attending on a Thursday will commence on **Thursday 1st February at 6.30pm** and will run **every Thursday for 10 weeks**.

Classes are \$22 each therefore the 10 week course price is \$220. Payment is due by Monday 18th of December 2017. Placements will be closed on this date.

Please Note: As you are **new** to attending Group Pilates at Stirling Health Professionals you **must attend a mandatory 1-on-1 Pilates Assessment** prior to commencing group classes. If you have allied health insurance your Pilate's classes and Pilates Assessment can be claimed as part of your Physiotherapy cover. An itemised receipt will be sent out at the end of the Pilates term so that you can submit your claim. **Private health insurance companies will only pay for the classes attended.** Because you have pre-paid for the classes, if you are unable to attend any please organise to attend a make-up class as soon as you can. As the exercises are progressed each week, it is important you try to attend your class every week.

From Friday 22nd December 2017 the Term 1 fees are non-refundable.

Please indicate your preferred class: Monday 6.30pm Thursday 6.30pm

I UNDERSTAND AND AGREE TO THE ABOVE TERMS








SIGNATURE: _____

PRINT NAME: _____

DATE: ____ / ____ /

PILATES EQUIPMENT

Pilate's participants have the option of purchasing any of the Pilates equipment. This is at below recommended retail cost.

| Product | RRP | Our Price | Pilates Participants Price | Image |
|--------------------------|------|-----------|----------------------------|---|
| Pilates/ Yoga Mat (10mm) | \$50 | \$45 | \$40 |  |
| Theraband Loops 27.50cm | \$13 | \$10 | \$8 |  |
| Stability Ball | \$12 | \$10 | \$8 |  |
| 1kg Weight | \$12 | \$10 | \$7 |  |
| 3kg Weight | \$20 | \$18 | \$15 |  |
| Long Foam Roller | \$60 | \$47.50 | \$40 |  |
| Fit ball (60 & 65cm) | \$50 | \$40 | \$30 |  |

This equipment if purchased is to be brought to every class with your name clearly marked.