



The Pilates Institute | 37 Henry St Suite 202 | Saratoga Springs, NY 12866 | 518-369-6623

www.PilatesInstituteSaratoga.com

Student Name:

Address:

City, State & Zip:

Phone:

Cell:

E-mail:

Emergency Contact Name & Relation:

Emergency Contact Phone:

Are you suffering from any injury/illness/medical condition? Or taking any medications?

If yes, please mention:

Before starting any exercise program always consult your physician!

You agree that by participating in physical exercise or training activities, you do so entirely at your own risk. You agree that you are voluntarily participating in a program and these activities and use of facilities and premises and you assume all risks of injury, illness, or death. The Pilates Institute Saratoga, NYC, Boston, ACK. Natasha LaFayette/Charmed Life, LLC , and or 54 Phila Street Development LLC, are not responsible for any loss of your personal property. You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a complete release of liability. You expressly agree to release and discharge all trainers, instructors, other individuals, officers, directors, employees, affiliates, contractors, sub-contractors of Natasha LaFayette/Charmed Life, LLC, and or 54 Phila Street Development LLC and or The Pilates Institute Saratoga, NYC, Boston, ACK from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against any of the foregoing for personal injury or property damage. To the extent that statute or case law does not prohibit releases for negligence, this release also covers and includes negligence and any legal theory based upon negligence. If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid and/or unenforceable, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

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Client Signature & Date

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Studio Polices and Procedures

- All services are payable in advance or at the time of your session. All purchases are non-refundable.
- Reservations are required to guarantee a spot in our group classes. Sign up in advance by contacting The Pilates Institute via e-mail, text, or phone. Private or semi-private instruction always requires an appointment.
- The Pilates Institute has a 24 hour cancellation policy. Honor it by contacting us via e-mail, text or phone within 24 hr of your class. If you fail to show up to your class/session or if you cancel with less than 24 hrs notice you will be charged the full price of your session to cover studio fees and the cost of your instructors time.
- All private session and group class purchases expire within 3 months of purchase. Any unused sessions at the end of the expiration period will be forfeited.
- Services are transferable unless otherwise noted. If you are unable to attend your scheduled appointment, a friend or family member may appreciate an opportunity to take your class/session. In such an event we appreciate the courtesy of advance notice for preparation purposes.
- Turn off your cell phone or place it on vibrate while in the studio. If you must take a call please do it outside the studio.
- As a courtesy to others please do not wear perfume. Lotion is discouraged as well due to the possibility of slippage on the equipment and potential for injury.
- Arrive to your lesson on time, as classes are a maximum of 55 minutes. If you are late the lesson will still end at the scheduled time.
- Suitable workout clothes would be appropriate pants, shorts and workout skirts that allow for freedom of movement during your workout

Thank you for choosing The Pilates Institute and we look forward to helping you reach your personal health and fitness goals.