



Pilates Waiver

PERSONAL INFORMATION

Client Name _____ Date of Birth _____ Phone _____

How did you hear about Inertia6? _____

Have you ever done Pilates before? _____

What are your goals? _____

MEDICAL INFORMATION

Do you have any current injuries, pain, or health concerns? (Circle One) YES NO

- If yes, are you cleared for physical activity? (Circle One) YES NO

Are you presently doing other kinds of therapy? E.g. massage, physical therapy, chiropractic...

Are you pregnant? (Circle One) YES NO

- If yes, please sign here stating that your doctor has given you permission to safely do Pilates.

Signature _____ Date _____

WAIVER

Inertia6 recommends that you consult with your physician before beginning any exercise routine. Instructors at Inertia6 are certified instructors but are not doctors and do not diagnose or guarantee to fix injuries. Inertia6 and its instructors will not be held responsible for injuries.

POLICIES & PROCEDURES

All clients are required to sign a waiver before entering workout area.

Any persons under the age of eighteen (18) must have parental consent.

Inertia6 is not responsible for any lost or stolen personal items.

Inertia6 reserves the right to refuse service to anyone.

Pregnant clients: Some instructors may require a note from your doctor.

Socks must be worn at all times in the workout area.

Packages and pricing are subject to change and are available at the studio. Pricing current as of publication.

All packages purchased at Inertia6 are non-refundable.

24 HOUR CANCELLATION POLICY

All clients holding appointments with Inertia6 must cancel a minimum of 24 hours prior to scheduled appointment in order to avoid charges. If an appointment is canceled less than 24 hours in advance, the applicable charges shall apply.

STANDING APPOINTMENTS

Reoccurring weekly appointments through one (1) calendar year. All appointments cease on December 31st. Inertia6 coordinates with clients to continue through the following calendar year or change/cancel standing appointments. Clients can cancel/change standing appointments at any time via email. Clients can adjust appointments weekly from their standing appointment, unless Inertia6 receives notice we will assume that the standing schedule will resume.

By signing below, I state that I have read and understand this warning. I agree to all of the above terms.

Signature _____ Date _____