

# Release and Consent Form for Pure Pilates

I am aware that The Pilates Method and Integrated Movement Therapies (IMT)® are not substitutes for medical advice or treatment. Rather these exercises related body-mind movement function, body awareness, postural and neuromuscular re-patterning, and over all physical health. **If I have a present or future concern that my health condition is at risk with my involvement in any exercise-related movement session with PURE PILATES®, I will consult medical advice before proceeding further with these private or group sessions.** I, therefore, freely consent to participate as a client/student with PURE PILATES® and their instructors.

I am responsible for direct payment for the service rendered and have been informed of the cost for this service.

## Cancellation Policy:

Clients are responsible for signing themselves in and out of each group class. If you are unable to attend any of the group classes you have reserved, you will be responsible for removing yourself from that class or letting us know in advance.

**If you do not remove yourself from any class you are booked to attend, you will be charged a fee of \$30.00 to be paid in studio upon your following visit.**

## Waitlist policy:

If you are added to a class from the waitlist, you will be notified by email. You are required to confirm via email if you WILL or WILL NOT be attending the class. **Failure to pull yourself out of the class, will result in a fee of \$30.00 to be paid upon your following visit.**

## Covid-19 Pre-Entry Screening agreement

**You agree to follow the studio protocol listed below at all times**

- Experiencing flu-like symptoms such as **fever, cough, or shortness of breath?**
- Have you or any member of your household experienced flu-like symptoms in the last 14 days, such as **fever, cough, or shortness of breath?**
- In the last 14 days, have you or a member of your household **travelled or been in contact with someone who has travelled** outside of Canada or to a high-risk area of transmission of COVID-19?
- Have you been in close contact with anyone who has been confirmed positive for COVID-19, is **under quarantine** or is currently being tested for the virus?

**If you answer YES to any of the above, please DO NOT ENTER THE STUDIO.**

Reschedule immediately and self-quarantine (14 days). Our 24 hour cancellation policy will be waived in the case of in-person group classes, privates or semi-privates.

**Practice personal responsibility and attend at your own risk.** By choosing to attend class at Pure Pilates, even with increased safety measures, you acknowledge and accept the additional risks associated with COVID-19 global health pandemic.

## Refund Policy:

All packages, class passes and workshops are non-refundable and non-transferable.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

PURE PILATES