

# Deborah J Higgins

BODY CONTROL PILATES INSTRUCTOR | FULLY QUALIFIED EXERCISE AND DANCE TEACHER

## Body Control Pilates Classes ENROLMENT FORM

Please complete both sides of this form and return to address overleaf

Name:	_____
Address:	_____ _____ _____ Postcode _____
Telephone No:	_____
Date of Birth:	_____
Occupation:	_____
Sports / Hobbies:	_____ _____
Preferred Class Day & Time	_____

Does your work / sport involve any of the following (Please Tick)

Sitting for long periods	<input type="checkbox"/>	Driving	<input type="checkbox"/>
Bending	<input type="checkbox"/>	Standing	<input type="checkbox"/>
Lifting heavy weights	<input type="checkbox"/>	Any other repetitive action	<input type="checkbox"/>

- 1) Has your doctor ever said that you have any sort of heart trouble or defect?  
Yes  No
- 2) Have you ever been told that you have athritic joints or any bone or joint problem that may be made worse by exercise?  
Yes  No
- 3) Are you pregnant, or have you had a baby in the last 6 months?  
Yes  No
- 4) Have you had any operations or injuries in the last year?  
Yes  No
- 5) Is there any other good reason not yet mentioned that should stop you performing physical exercise?  
Yes  No

**NOTE:** If you have answered 'yes' to any of the above, please give relevant details in confidence.

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6) Do you suffer from backache? Yes  No

*If so do you know why?*

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7) Is your blood pressure High  Low  Normal

8) Have you ever been given any remedial exercises? Yes  No

*If so can you briefly describe them?*

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9) Are there any movements that cause you pain?  
(e.g. raising your arms, bending forward or to the side etc.) Yes  No

10) Do you wish to strengthen a particular area? Yes  No

*Please describe*

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Any Other Comments

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Please advise the instructor before commencing a class if for any reason your ability to exercise has changed. It is inadvisable to do Pilates between weeks 8 to 14 of pregnancy, unless by special arrangement with the Instructor. It is also wise to wait six weeks after the birth before resuming exercise.

Pilates exercises are very safe but, as with all forms of physical exercise, it is prudent to consult your doctor before starting classes. The classes are not a substitute for medical counselling or treatment. If you have any doubts about the suitability of the exercises, you should refer back to your medical practitioner. The Instructor can accept no liability for personal injury related to participation in a class if:

- (a) your doctor has, on health grounds, advised you against such exercise.
- (b) you fail to observe instructions on safety or technique.
- (c) such injury is caused by the negligence of another participant in the class.

Signed \_\_\_\_\_ Date \_\_\_\_\_

What do you expect from pilates?