



PILATES INFORMED CONSENT AND LIABILITY RELEASE

- 1) 24 hours notification is required when canceling an appointment, or the full amount of the session will be charged.
- 2) All sessions must be paid in advance. Time slots are not guaranteed until they are paid for and scheduled.
- 3) Packages are valid for 3 months from the date of purchase. All sessions are non-refundable and non-transferable.
- 4) There are no make-ups for Specialty Series classes.
- 5) All sessions are 50 minutes in duration and begin and end at scheduled times. Sessions begun late due to a client's late arrival end at the appointed time and are full price.
- 6) If a client is not present within 15 minutes after a scheduled appointment and has not notified KinetiCore, this will be considered a "no show" and the instructor is not required to wait for the remainder of the session. The full amount of the missed session will be charged.
- 7) KinetiCore reserves the right to cancel a group class due to insufficient registration. KinetiCore reserves the right to discontinue or refuse service to anyone. Payment will be refunded under these circumstances.
- 8) If the regular instructor is temporarily unavailable, KinetiCore reserves the right to substitute another certified pilates instructor. We appreciate your flexibility and hope that you will benefit from another instructor's training and expertise.
- 9) Kindly turn cell phones and pagers off, or to vibrate, when entering the studio. If you must take a call, please minimize distraction to others.
- 10) KinetiCore Pilates Therapy shall not be liable for the loss or theft of, or damage to, the personal property of a client.
- 11) It is the client's responsibility to consult with his/her physician regarding medical clearance to participate in a pilates exercise program, and to inform the instructor/therapist of any conditions or changes in health, now and ongoing, which might affect client's ability to exercise safely and with minimal risk of injury. By engaging in training at KinetiCore Pilates Therapy, you represent that you are physically able to safely participate in an exercise program, and have received physician clearance to participate. A written physician's release may be required to participate in training at KinetiCore Pilates Therapy. _____ (initial)

12) As with any exercise program, pilates carries with it inherent risks. KinetiCore Pilates Therapy shall not be liable for any damages arising from any personal injuries sustained by a client on or about the premises of KinetiCore Pilates Therapy, or while following the prescribed exercise program (whether at home, health club, corporate, or other fitness facility). A client, in attending KinetiCore Pilates Therapy and using its facilities and equipment, does so at his/her own risk. A client assumes full responsibility for any and all injuries that may occur, excepting only an injury caused by gross negligence or intentional act. A client does hereby fully and forever release and discharge KinetiCore Pilates Therapy, its owners, employees, and agents from any and all claims, actions, lawsuits and the like which he/she or his/her heirs, executors, administrators, or assigns may have or claim to have in connection with his/her participation in the fitness program. _____ (initial)

I have read and understand all of the above terms. At my discretion, I have printed a copy of the KinetiCore Pilates Therapy Informed Consent and Liability Release for my records. I sign voluntarily and with full knowledge of its significance.

Printed Name _____ Date _____

Signature _____