



CORE PILATES OF CARMEL LLC DBA CORE PILATES & FITNESS
POLICIES

1. In addition to this form, Client will be required to sign and return the following forms to Core Pilates and Fitness prior to receiving a Personal Consultation, Training Program Design, or beginning any Personal Training program:
 - a. Waiver, Release, and Assumption of Risk Form
 - b. Physical Activity Readiness Questionnaire (PAR-Q)
 - c. Health History Questionnaire

2. If you have any of the following physical conditions, you may be required to have a Medical Clearance and Physician's Consent Form:
 - a. Hypertension (>145/95 mm Hg)
 - b. Hyperlipidemia (cholesterol >220 mg/dl or a total cholesterol-to-HDL ratio of >5.0)
 - c. Diabetes
 - d. Family history of heart disease prior to age 60
 - e. Smoking
 - f. Abnormal resting EKG
 - g. Any other condition that Core Pilates and Fitness in its sole discretion may deem to present an unreasonable risk to your health, were you to participate in a fitness evaluation or program.

3. Unless other arrangements are made, Personal Training sessions, and Program Design explanations (these services herein individually and collectively referred to as "sessions") last approximately sixty minutes. In order to provide the best service to all Clients, Core Pilates and Fitness cannot commit to extending any particular session beyond its previously scheduled time.

4. Rates for Core Pilates and Fitness services are subject to change. Services prepaid for by Client, which are unused at the time of any rate change, will be honored at the price already paid.

5. Time slots are available on a "first-come, first-served" basis by appointment. Sessions, whether purchased as part of a package, must be paid for when the 1st appointment or consultation is booked. Client may schedule prepaid sessions in advance.

6. In order to provide the best possible service to all Clients, Core Pilates and Fitness asks that all Clients be ready to begin their session at the scheduled time. Time lost at the beginning of a session due to a Client's tardiness cannot be made up at the end of the session as that could potentially impact the next scheduled Client. Unless prior arrangements have been made, a Client will be deemed a "no-show" when they are fifteen minutes late for an appointment. No refunds or credits will be given for "no-shows".

Client's Initials

7. Regarding cancellations:
 - a. All qualifying cancellations will result in a credit being given which can be applied to a future session from Core Pilates and Fitness.
 - b. All cancellations must be made with a minimum of 24 hours advance notice in order to receive credit for the session. Due to an inability to fill the previously blocked time period, Cancellations with less than 24 hours notice given will not qualify for a credit and Client will be charged for the session. Cancellations must be made by calling **317-908-5016** to be deemed effective.
 - c. If Client receives credit for a missed session, the credit must be used within 60 days of the missed session, or it will be waived.
 - d. If Core Pilates and Fitness needs to cancel a scheduled session, Client will receive credit for such session.
8. Payment is due in full at the time the first appointment for a session is booked. Core Pilates and Fitness accepts cash and checks made payable to Core Pilates & Fitness. All sessions purchased are non-refundable and expire if unused 6 months from the date of purchase.
9. All Training Programs/Routines are the property of Core Pilates and Fitness and may not be removed from the premises, copied or distributed without the expressed written permission of the owner.
10. Clients are required to observe any and all rules of the gym or facility where workouts take place, if applicable.
11. Shirts are required at all times during sessions. Client should also have water available as necessary during the workout.
12. Clients have the right to adjust a particular exercise or workout at any time. You are in control of your workouts! If an exercise is uncomfortable or painful, or if you want to stop the exercise for any reason, you may do so. If a particular exercise is painful for you to do or you have an injury or other limitation that makes it difficult for you to do, Core Pilates and Fitness will substitute another exercise to work that particular muscle group.
13. You will get from your workouts what you put in. Results will vary by individual and frequency of sessions and Core Pilates and Fitness cannot guarantee specific results. Client acknowledges that Client is responsible for their decisions regarding whether or not to exercise consistently, eat properly, rest enough, and live a healthy lifestyle.
14. Core Pilates and Fitness respects your privacy. Due to the nature of our services, it is necessary to collect certain personal information from Clients. All information collected is treated as STRICTLY CONFIDENTIAL, and Core Pilates and Fitness will not share or redistribute your information with any third party except as necessary to provide services purchased by the Client, or as required by law. Any information gathered from a Client is simply for our records and, if applicable, necessary to provide the services to the Client for which we have been contracted.
15. All Terms and Conditions are subject to change. The most current version of these Terms, Conditions, and Policies will be posted at Core Pilates and Fitness.

Client's Signature

Date

Please print name

Parent or legal guardian (if participant is under age eighteen)

Date