



STUDIO POLICIES

To help our studio run efficiently, please note our studio policies. We appreciate your cooperation. Studio policies and prices may change as needed and clients will be notified.

ATTIRE

- Wear comfortable workout clothing that can stretch with you. Please no revealing short-shorts or bulky sweats, and appropriate undergarments are required.
- No belts, zippers, or street clothing are permitted to protect the delicate vinyl on the apparatus.
- Clean, non-skid socks are requested for sanitary and safety benefits.

STUDIO FACILITIES & ETIQUETTE

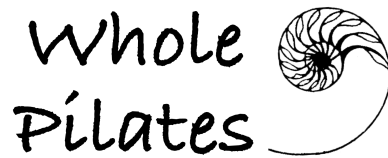
- Please bring your completed new client information forms with you to your first lesson.
- Kindly remove your shoes before entering workout area. In the winter, please be careful not to track road salt and sand into the studio will end up on your mat and apparatus.
- Kindly have cell phones turned off. If you are waiting for an emergency call please set to vibrate.
- The studio has a restroom that clients are welcome to use. Please be considerate of students following your lesson as there is only one restroom.
- If you have scheduling needs, please take care of these during your time, or contact the studio.
- Please wipe down equipment after use with Tea Tree Oil provided.

PAYMENTS & PACKAGES

- There are no refunds on any Discount Packages purchased.
- All Private or Semi-Private Discount packages expire 3 months from date of purchase. Please make note of your expiration date in your calendar when purchasing a discount package.
- The studio accepts cash or check, or credit card. If paying by check, you will need 2 forms of ID. A \$35 fee will be charged for returned checks.
- Payment can also be made by credit card in the studio. A 3% convenience fee, which is added and collected by/for Square will be added to all credit card purchases.

RESERVED APPOINTMENTS

- When you purchase a multiple session discount package, you may reserve a standing appointment for your lesson. You must have a current package to hold your standing reservation. Individual sessions are booked as availability provides.



Studio Policies Continued

CANCELLATIONS

- Please make all cancellations **at least 24 hours in advance** to give us an opportunity to fill your spot. Exceptions being made by your instructor for unexpected illness or dangerous weather. Failure to cancel or late cancellations for any/all Whole Pilates services **will result in full charge** for the missed session. Monday appointments should be cancelled by Saturday at 12:00 noon.
- Semi-Private Sessions: Each member of the duet is 100% responsible for the appointment. If you need to cancel a duet session in advance of 24 hours, please notify your semi-private session partner(s). They will have the option to convert the appointment to a private session or cancel the duet with you. Please contact the studio at least 24 hours in advance to notify us of the cancellation or changed status of the reservation, or you will be responsible for payment of the session.

YOUR FIRST SESSION

- Your instructor will have a brief consultation with you prior to the lesson to review your health/fitness history and concerns. Your instructor may ask you questions to get a better understanding of any injuries or surgeries you may have had to tailor your instruction.
- Your instructor will guide you through the exercises. Sometimes this will involve hands-on corrections to manipulate your body's movements and/or proper alignment. We will honor the wishes if this makes you uncomfortable.
- We encourage you to ask questions about the exercises. During your lessons however, we keep discourse brief and can carve out time at the end of your lesson, or the beginning of your next, if we need to go into a more comprehensive discussion.

If you have any questions, please contact us at (973) 865-2764 or colleen@wholepilates.com.

I have read, understand and agree to comply with the above policies.

Name (Printed)

Signature

Date



Health Intake Questionnaire

Name	Gender	Age	Birth Date
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Home Phone Please circle preferred phone #	Cell Phone	Work Phone
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Street Address	City	Zip
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Email Address	How did you hear about Whole Pilates?
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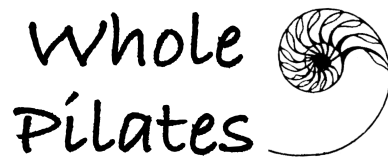
Please list any health conditions which may possibly affect your response to exercise or exertion, such as high blood pressure, diabetes, cancer, knee, neck or back problems or any other chronic or acute conditions. Not sure? List it anyway. Use back of form as needed.

Have you had any surgeries in the past 12 months?

Could you be pregnant, or have you been pregnant in the past 6 months? How many children?

Do you have any current or old injuries (eg. Knee, back, neck, shoulder) that might affect your ability to exercise, or may become inflamed or worsen with stress, strain, or over-work?

What is your current exercise and/or Pilates experience? (What, if anything, do you do currently? How often?)



LIABILITY RELEASE

In consideration of practicing Pilates with Whole Pilates studio, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

The risk of injury from activities involved in this program is significant, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist, and

I knowingly and freely assume all such risks, both known and unknown, and assume full responsibility for my participation, and

I willingly agree to comply with the stated and customary terms and conditions for my participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the official present immediately; and

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless Whole Pilates, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), with respect to all and any injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise, to the fullest extent permitted by the law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Signature

Date



Whole Pilates, LLC

Studio Protocol for Covid 19 Safety

Thank you for exercising with us at Whole Pilates. The following are safety procedures and protocol when entering and exercising at our studio. All lessons and packages are paid in advance via Venmo for the cash discount so no currency need change hands. The website will also take credit cards in advance.

1. Ring or knock and wait to enter. A bench has been provided where you'll find the Covid 19 questionnaire each time you visit to fill while you wait. Please do not come to class if you are ill. You will never be charged for a missed visit if you are ill. Just please, let us know if you are not coming as soon as you can.
2. Before entering we will take and record your temperature with a touchless device.
3. To protect the staff and other exercisers, everyone is required to wear a mask inside the building. Please put on your mask before entering. (If you are unable to wear a mask we can provide you with a Pilates lesson online in your home via Zoom on your computer or pad.) If you have forgotten to bring your mask we can provide you with a disposable mask for \$3., to be paid at the time of your lesson. This reflects the cost to us to supply the mask.
4. Remove your shoes when you enter, and use the bathroom provided to wash your hands with soap for 20 seconds. Hand sanitizer will also be available to you during your workout.
5. As much as possible, maintain a distance of 6 feet from other people in the studio (teacher, other student)
6. Common touch surfaces will be cleaned between each visitor.

7. Please bring your own water bottle and take it with you when you leave.
8. Small apparatus, such as weights and balls should be deposited in the area provided to be sanitized after your visit.

Enjoy your session with us. We are so happy to have you with us during this very weird time in our lives.

I, the undersigned agree to abide by the above protocols.

signature



Whole Pilates, LLC

8289 Fawn Crescent, Birch Bay, WA 98230
973.865.2764 www.WholePilates.com

name & date

To help assure your safety and in compliance with government directives for Phase 2 opening procedures, we ask you to sign that you have understand our policies, and that you fill out this questionnaire before entering our studio each session.

1. Y/N Are you over the age 65?
2. Y/N Are you at high risk should you contract Covid 19 (serious underlying medical conditions, such as chronic lung disease, diabetes, immunocompromised, etc)?
3. Y/N Have you been in close contact with a confirmed case of COVID-19?
4. Y/N Are you experiencing a cough, shortness of breath, or sore throat?
5. Y/N Have you had a fever in the last 48 hours? Temp today _____
6. Y/N Have you had a loss of taste or sense of smell?
7. Y/N Have you had diarrhea or vomiting in the last 24 hours?

Masks will be worn by both staff and students while in the studio. You may provide your own, or agree to purchase a disposable one from the studio for \$3. Upon entering the building all students will take off shoes, and then wash hands for at least 20 seconds with soap and water in provided washroom. Students and trainer will maintain 6 feet distance from each other.

Studio is providing thorough cleaning of the equipment and common touch areas between each lesson. Temperature screening, Hepa-filtered ventilation and UV light sanitation is also being performed for your safety.

I, the undersigned, testify that the above questions were answered honestly and agree to comply with all studio safety policies.
