



CLIENT INTAKE AND RELEASE FORM

NAME: _____

ADDRESS: _____

TELEPHONE: C H W C H W
1st _____ 2nd _____

OCCUPATION: _____

E-MAIL: _____

BIRTHDAY: _____ HOW DID YOU HEAR ABOUT US? _____

Are you pregnant? If so, list expected due date: _____

Do you have any injuries or physical conditions that limit your ability to exercise?
If so, please explain:

Please list areas of muscle tension, weakness or chronic problem areas:

Please list any medications you are taking that may affect your ability to exercise:

Do you currently exercise and if so, what do you do?

Do you have experience with Pilates and/or Yoga?

What do you hope to achieve through your work at Core Bodyworks?

Please include any other information that may be useful in avoiding injury or helping you reach your goals:

"I _____, acknowledge that I have enrolled in a program of physical activity at Core Bodyworks which may include the use of body conditioning machinery. I hereby affirm that I am in good physical condition and do not suffer from any disability that would contribute to injury."

"In consideration of my participation in any workshops, private workouts or classes, I hereby release Lisa Browning and any agents, representatives, subcontractors of Core Bodyworks from any claims, demands and causes of action arising from my participation in any exercise program. I fully understand that I may injure myself as a result of my participation and I release Lisa Browning and any agents, representatives, subcontractors of Core Bodyworks from any liability now or in the future, including but not limited to, heart attacks, muscle strains, muscle pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries and any other illness, soreness or injury caused, occurring during or after my participation in the program."

In case of emergency, please contact (Please print):

Phone:

I affirm that I have read and agree to the above.

Signature

Date

I understand that cancellations for all group classes, private, and semi-private sessions must be made 24 hours prior to the scheduled appointment and/or class time. I am aware that all class and/or session packages expire 3 months after the date of purchase.

Initial