

PILATES REFORMER

Welcome and thank you for your interest in the Pilates Reformer program with University Recreation. You are taking the first steps towards improved health and wellness. Our mission is to empower our participants to achieve balance, flexibility, motivation, and a mind-body connection through Pilates Reformer. To take the next step in your journey please read and complete this packet in its entirety. These forms are an important means for us to help you reach your goals safely and effectively.

Policies and Procedures:

Payment: Payment for our Pilates Reformer services can be made at the Student Recreation. Payment must be received in full prior to any service being scheduled. Full payment for partner sessions must be made by both individuals at the same time. For group sessions we will accept one form of payment from one person in the group.

Expiration: All Pilates Reformer service offerings expire 365 days from the date of purchase. Pilates Reformer services purchased are void after this time period.

Refund: Pilates Reformer service offerings are non-refundable unless a verifiable medical conflict exists (physician letter required). In the event of an emergency (eg: medical), you will be given a credit for the session or class missed, based on your current package. All class make ups must be done in the same month of the missed class.

Cancellation: Individual, partner and group sessions must be canceled **24 hours in advance** by notifying your instructor via phone and/or email. Appointments not cancelled will be charged as a session. The instructor will make up any sessions he/she has to cancel. There are no individual make up sessions for partner or group sessions. Missing a partner or group session will result in that individual forfeiting the session.

Arriving Late: Please contact your instructor if you will be arriving late for your appointment. Instructors will wait 15 minutes for late arrivals, at that point the session will be charged and the instructor has the right to leave the premises. Session time missed for late arrivals will not be made up.

Registration: The Pilates Reformer packet must be completed and submitted with payment to the Student Recreation Center's Membership office prior to any session being scheduled. Upon receipt of these materials, an instructor will be in contact via email and/or phone within 3 business days to schedule an appointment.

Class Registration: Each month's schedule will be posted approximately two weeks prior to the start of that month. The last day to register for classes will be on the first of that month unless otherwise stated on the posted schedule. **TWO PERSON MINIMUM TO HOLD A CLASS-** If a class only has one participant join after the first week of the month, that participant may keep that class time and pay the individual session fee or move to another class that has made. All classes that do not make will be canceled after the first week of the month.

Medical: After review of your medical history our Manager of Fitness Services may request you to submit information from your physician prior to scheduling an appointment. This is a very routine process and is an attempt to make certain that we follow all medical guidelines from your doctor.

Feel free to call us at any time with any new ideas, suggestions, or comments. Our goal is to help you improve your wellness and overall quality of life. Thanks for choosing us to help you meet your wellness needs.

Student Recreation Center Membership Office – 348-5140, Manager of Fitness Services – Whitney Pape (348-5131)

****Please retain this page for your records****

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME _____

SIGNATURE _____

DATE _____

SIGNATURE OF PARENT
or GUARDIAN (for participants under the age of majority) _____

WITNESS _____

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.

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Health History Questionnaire

Name _____ Age _____ Date of Birth _____ CWID _____

Address _____
Street City State Zip Code

Telephone # (home) _____ (cell) _____ (work) _____

Emergency Contact _____ Phone # _____ Relationship _____

To help us determine if you should consult with your physician before starting to exercise with the Pilates Reformer program with University Recreation, please read the following questions carefully and answer each one honestly. All information will be kept confidential. Please mark YES or NO:

- YES NO Do you have a heart condition?
YES NO Have you ever experienced a stroke?
YES NO Do you have epilepsy?
YES NO Are you pregnant?
YES NO Do you have diabetes?
YES NO Do you have emphysema?
YES NO Do you feel pain in your chest when you engage in physical activity?
YES NO Do you have chronic bronchitis?
YES NO In the past month, have you had chest pain when you were not doing physical activity?
YES NO Do you ever lose consciousness or do you ever lose control of your balance due to chronic dizziness?
YES NO Are you currently being treated for a bone or joint problem that restricts you from engaging in physical activity?
YES NO Has a physician ever told you or are you aware that you have high blood pressure?
YES NO Has anyone in your immediate family (parents/brothers/sisters) had a heart attack, stroke or cardiovascular disease before age 55?
YES NO Has a physician ever told you or are you aware that you have a high cholesterol level?
YES NO Do you currently smoke?
YES NO Are you a male over 44 years of age?
YES NO Are you a female over 54 years of age?

Are you currently exercising LESS than 1 hour per week? If you answered no, please list your activities. _____

Please list recent hospitalizations. (Women please do not list normal pregnancies)

Year Location Reason

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Any other medical problems not already identified? Yes ____ No ____ (Please list below)

Are you taking any prescription or non-prescription medications? (Include birth control pills)

Medication

Reason for taking

For how long?

What motivated you to join the Pilates Reformer Program with University Recreation?

Informed Consent

I desire to participate voluntarily in a progressive exercise program and/or various fitness tests in an attempt to assess and improve my physical fitness.

I understand that these physical activities and/or various fitness tests are designed to put a gradually increasing workload on my circulatory system and/or musculoskeletal system in an attempt to improve their function. The reaction of the system(s) to such activities cannot be predicted with complete accuracy. The possibility of certain unusual changes during or following the exercise session does exist. These changes could include abnormalities of blood pressure or heart rate, ineffective heart function, fainting, muscle strains, and possibly, in rare instances, a heart attack or cardiac arrest.

The benefits obtained from the various fitness tests might include an increased knowledge of chronic disease risk as well as baseline measures for the trainer to use in assessing improvements in your fitness level.

The benefits obtained from the exercise program might include a more efficient cardiovascular system, a decrease in the risk of heart disease and other chronic diseases, an improved muscular and skeletal system, and a higher quality of life.

I realize that is necessary for me to report promptly any signs or symptoms indicating abnormalities or distress. I know that if there are any questions about the procedures or methods used during an exercise session or test, I should ask my trainer. If I have any doubt, concerns or questions I should ask for further explanation.

I have read this form and I voluntarily consent to participate in this exercise program and/or various fitness tests and realize that I am free to withdraw at any time.

Name (Please Print) _____ Signature _____

Witness _____ Date _____

Office Use Only

Paid \$ _____ Cash ____ Check ____ BamaCash ____ Credit Card ____

Staff _____ Please verify that all paperwork has been completed. Invoice# _____