

The -Barre-

NAME _____ D.O.B _____

ADDRESS _____

CITY _____ POSTCODE _____

HOME PHONE _____ MOBILE PHONE _____

E-MAIL _____ HOW DID YOU HEAR ABOUT US? _____

EMERGENCY CONTACT INFO: _____

PHYSICAL COMPLAINTS:

back pain asthma poor flexibility heart condition

scoliosis migraine knee injury Arthritis

sciatica stress high/low blood pressure

other _____

pregnant or planning a pregnancy? _____

If you have any conditions which may affect your ability to participate in The Barre Workout, we request that you inform us and consult a health care professional to approve your participation.

INFORMED CONSENT AND WAIVER & RELEASE OF LIABILITY

I have volunteered to participate in a program of progressive physical exercise and have engaged the services of The Barre Workout for instruction. I intend to assume all risk of injury from my participation. To that end I acknowledge and agree to the following:

I am aware that The Barre is here to serve me by sharing knowledge of physical fitness. I recognise that these activities may at times be strenuous. By my participation in any of these activities, I present to you that I am physically fit. I know that I have the right to choose which exercises I do or do not perform, in addition to withdrawing from any exercise at any time. The muscle and cardiovascular conditioning program at The Barre utilises the method of stretching and strengthening used in classical Ballet and Pilates. During and after exercise there exists a potential for muscle soreness and stiffness, abnormal blood pressure, fainting, disorders of the heartbeat, and instances of heart attack and death. I assume all of the foregoing risks, and accept personal responsibilities for any other damages or other injury I might suffer. It is my responsibility to ascertain that there is no medical reason to prevent my participation. I assume full risk for any injuries which I may incur and waive any claim that I might at any time for injury of any sort against The Barre or any person or entity in any way involved herewith. I take full responsibility for my personal belongings.

I have read and understand this Informed Consent and Waiver and Release of Liability and it accurately sets forth my intentions and I agree to be bound by its provisions.

SIGNED: _____ DATED: _____

The Barre : Booking & Payment Policies

I understand that all classes are subject to a 6 hour cancellation policy, and that if I fail to cancel prior to 6-hours of the commencement of my scheduled class, I will be charged with the full amount.

I understand that if I have not shown up within 20 minutes of my scheduled class time, I will be charged the full class fee but will not be permitted to participate in the session. I understand the class will be taken at the teachers discretion if I arrive late.

I understand that teachers are subject to change due to scheduling or emergencies, and that if another teacher is scheduled into my class, I am still responsible for keeping my class if it is within 6 hours of the class time. (If you have requested a certain teacher all efforts will be made to contact you, therefore please keep us updated on new phone numbers and contact information)

I understand that I can only schedule in advance with the pre-purchase of a package or class and the same cancellation policy applies to advanced scheduled classes.

I have read and agree to the Terms and Conditions stated on corresponding page. Please take this home for your records.

[Barre class packages expire automatically after 12 months from date of purchase. Barre Addict passes expire 1 month from the date of purchase. The BWDC packages expire 6 weeks from the date of purchase. Single classes, all packages and passes are non-refundable. If you cancel a reservation, the session will be credited to use towards any barré session of your choice. Purchases will not be refunded to your credit card. Class schedules, instructor assignment and pricing are subject to change without notice. For safety reasons, latecomers may join class at the discretion of the instructor only. You may not join any class 15 minutes after commencement.]

The Barre: Studio Policies

PERSONAL PROPERTY

Please leave bags and clothing in the studio lockers and retain your key till the end of class. Coats and shoes should be placed on the racks provided. For security reasons and the benefits of other clients, please take all personal property with you at the end of each visit. The studio will be checked at the end of each day and any items found will be placed in the studio lost and found.

The Barre prides itself on being a secure environment, like everywhere, some theft can occur. Therefore we urge our clients not to bring valuable personal property to the studio. Clients should take all reasonable precautions to protect any personal property brought to the studio. The studio shall not be liable for the loss or theft of, or damage to, the personal property of clients.

CONDUCT

All cell phones, pagers and anything that beeps, rings or buzzes must be silenced when entering the studio.

Smoking is not permitted in the studio.

Appropriate clothing that covers the essentials must be worn at all times.

Misconduct with equipment, using obscene or profane language or exhibiting behavior that may cause injury or is considered offensive by other clients and/or instructors will result in the immediate eviction of that person and/or withdrawal of services.