



Please give any other information you feel is relevant about your physical condition\*


\*If you have a known medical condition, are pregnant or have chronic joint problems, you should consult your doctor before starting any exercise programme.

**WAIVER**

I..... understand that I am responsible for my own learning on this exercise course. I undertake to inform the instructor of any adverse changes in my physical condition. I do not have a medical condition which precludes me from doing this course. I understand, that if necessary I will attend an Induction Session\* (see below).

Signed.....Date.....

**\*Induction Session:** students who are joining a class *that has already started* need to have an Induction session. This is necessary both for them to fully benefit from the class and also not to hold up the other class members.

Induction sessions will be done either as a one-to-one Pilates lesson lasting approximately 45 minutes, charged at my private lesson fee (currently £30), or if I can arrange it, as a shared one hour private class.

Please send this completed and signed form with your cheque to Fran Robinson, Hill Farm House, Lamberts Castle, Marshwood, DT6 5QJ.

Thank you.

<p><b>Fran Robinson BA M STAT</b> <b>Hill Farm House Lamberts Castle Marshwood DT6 5QJ 01297 678168 Fax:0870 124 6562</b> email:fran.robinson@btopenworld.com <a href="http://www.fran-robinson.co.uk">www.fran-robinson.co.uk</a></p>
--

If you would like any further information about Painless Spinal Touch Therapy or Counselling which I also do, please do not hesitate to contact me.