



Name _____

Release: I understand that **BODIES IN BALANCE** is here to work with me in the Pilates Method of fitness. I recognize that these exercises may be strenuous at times. By participating in any of these exercises, I acknowledge that I am physically fit and able to participate. I agree to take full responsibility for my level of fitness, for not exceeding my limits, and for any injury that I might suffer while doing any Pilates exercise. I understand that it is my responsibility to ensure that there are no medical reasons that would restrict or prevent my participation in the Pilates Method. I acknowledge that I am assuming full risk of injury and I waive any claim that I might have at any time against **BODIES IN BALANCE, LLC** or any person or entity employed by or in anyway involved therewith, for any injury that I may incur during my participation.

I have carefully read the above release and fully understand and agree to it.

Signature _____ Date _____

If under 18 years of age: as legal guardian of _____, I consent to the above conditions.

Signature _____ Date _____

Policies: Please initial that you have read and understand our studio cancellation and expiration policies.

All **BODIES IN BALANCE** Private and Semi-Private sessions must be cancelled at least **24 hours** in advance in order to avoid being charged for your session. All **BODIES IN BALANCE** Apparatus Classes must be cancelled at least **12 hours** in advance in order to avoid being charged for your session. For example, if you have booked a private or semi-private session for 8:00 am on Tuesday, you must cancel the appointment by 8:00 am on Monday. Please email or call the studio to let us know if you need to cancel your session. We appreciate your cooperation.

_____ Cancellation Policy

Expiration	Session Packages	Class Packages
2 Months	3 Private Introductory	
3 Months	10 Private Sessions 10 Semi-Private Sessions	10 Apparatus Classes 10 Mat Classes
6 Months	20 Private Sessions 20 Semi-Private Sessions	20 Apparatus Classes 20 Mat Classes

_____ Package Expiration Policy