

## WELCOME TO THE STUDIO CIRQ PILATES COURSE

This information sheet has everything you will need to know about your course, which starts shortly. We welcome feedback about our classes – please tell us what you think.

### Payment of fees

Payment for all courses must be made at the start of the course. Payment for courses is non-transferable and non refundable. We accept payment by cash, most major credit cards, EFTpos and cheque.

### Cancellation of course

Once a course has begun, fees cannot be reimbursed. Course fees can only be exchanged for other classes at Studio Cirq.

### Missed classes

You must call at least 2 hours before the start of your class if you need to re-schedule or cancel your attendance at a course. If you do not call, you will forfeit your class. Missed classes can be made up at another course of the same level during the period of your course. Please call or email to notify us of which class you will be attending as a make-up class.

### Credits carried over to the next course

A maximum of 2 classes can be carried over as credits into the next course. This means the cost of your next course is reduced according to the value of the classes missed. Course credits expire if not transferred within 4 weeks of the end of your course. Credits cannot be transferred to another person.

### Additional casual classes

You have the option to purchase additional casual classes while enrolled in a course. A pass can be purchased for a block of up to 10 casual classes for \$8 per class, 50% off the list price. The pass is valid for 6 months.

### Pre-Exercise Questionnaire

If you are on medication, have a disability, injury, joint problem or any other physical condition that your instructor should know about please complete the Pre-Exercise Questionnaire and give it to your instructor. If you are pregnant, please ensure that your doctor knows that you are doing Pilates. Do not complete this form if you are fit and healthy.

## ABOUT PILATES

The Pilates method of body conditioning is a system of stretching and strengthening exercises that strengthens and tones muscles, improves posture and provides flexibility and balance.

Originally developed ninety years ago by German-born Joseph Pilates whose background in bodybuilding and gymnastics led to the design of his special training equipment and methods. He opened his first studio in New York in the 1920s, attracting the leading dancers of the day. The Pilates program of exercises owes much to the ancient aesthetics of training, coordination and balance of body and mind. Pilates devised over 500 specific exercises that over time have been augmented by about another 1,500 variations.

Each exercise movement requires complete mental involvement. Instead of endless repetition to the point of boredom, Pilates limits the number of repetitions of each movement allowing the mind to focus on motor skills, visualisation and coordination. The benefit is a better balance of mind and body training.

The centre of the torso – stomach, hips, lower back and buttocks is the centre of energy for all Pilates exercises. The workout is designed to stabilise the torso and develop "core" stabilisation. All movements are initiated from two primary control centres, the lower abdominals and the mid-back muscles, strengthening the support muscles deep within the body. By stabilising the trunk, the extremities can move freely from a stable spine, increasing flexibility and strength at the same time

Pilates' goal was always to improve flexibility and strength for the whole body without building bulk, and all of his exercises involve the abdominal muscles in some way. Pilates also believed that muscles don't move alone and therefore shouldn't be isolated during exercise as they are in weight training. He promoted proper body alignment and believed in using the body correctly in everything you do, from sports to walking down the street or sitting at your desk.

Pilates matwork classes treat the body as an integrated whole to achieve a full body workout. The goal of the matwork sequence is to create a natural flow of movement and then to gradually increase the energy with which you perform the movements without sacrificing control. With practise, the simultaneous stretching and strengthening movements will create a habit of relaxed effort for your body to follow. Eventually you will bring this awareness into the movements of your daily activities.

Benefits of practice include improved posture, greater flexibility, improved circulation, reduced stress and endurance.

With his method, Joseph Pilates wants us to take responsibility for our bodies and our health and to enliven, invigorate and empower!

# STUDIO CIRQ: HEALTH QUESTIONNAIRE

ABN 71 100 780 630

Name:..... DOB:.....

Address:.....

Tel: H:.....W:.....M:.....

Email:.....

Emergency Contact:.....

Did a medical practitioner advise you to do Yoga/Pilates? .....

Medical Clearance:.....

Current Exercise:.....

Past Exercise History:.....

What are your goals with Pilates?.....

## Medical History:

Please tick if you have had any of the following conditions:

Diabetes	High/Low Blood Pressure
Epilepsy	Heart Disease/Condition
Arthritis	Migraine or headaches
Asthma	Back problems
Knee problems	Neck problems
Shoulder problems	Broken bones
Infectious disease/Illness	Painful joints
Currently pregnant	Post partum

If you ticked any of these please give further details:

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Please list any prescribed medication you might be taking:

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Any illness or surgical procedure in the past 2 years:

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**Member's agreement with Studio Cirq:**

I declare that I \_\_\_\_\_ voluntarily accept to participate in the activities, facilities, programs and services offered by Studlo Cirq, or use of equipment except as herein stated.

I declare myself to be physically and medically sound to proceed with a normal course of exercise. I further warrant that I have consulted a doctor before commencing my exercise programme.

In signing this form I affirm that I have read this form in its entirety and that I understand the risks associated with my participation.

Signed:.....Date:.....