



New Client Form

Welcome to our studio! We're glad you've chosen to explore our dynamic program of body conditioning. As your teachers, our goal is to help you realize longevity for a lifetime of enjoyment by:

- ~ concentrated fitness that gets to the core of your ultimate body
- ~ building strength and stamina at any age
- ~ Expertise that educates and facilitates healthy living
- ~ Personal attention that guides and challenges you to excel
- ~ An environment that inspires and enriches you

Our hours are as follow:

Monday-Thursday: 8:00a-8:00 p

Friday & Saturday: 8:00a - 1:00p

(Earlier appointments may be arranged with special request)

Our scheduling can be done online through our website at www.PilatesStudioAtTheLake.com. If you have trouble with the system, you can call us at 704-987-8966 or send an email to info@PilatesStudioAtTheLake.com. If you prefer, you can request an appointment with your instructor. Standing appointments are for those who want to have a consistent recurring weekly appointment. Consistent attendance is required.

Lessons last approximately 50 minutes. This gives us enough time to clean equipment and answer questions before the next session begins. We'd appreciate if you arrived a few minutes early so we can begin your appointment at your scheduled time.

Please bring a water bottle with you so you can stay hydrated throughout your session. We have a water cooler available for refills.

Dress comfortably in clothing that allows you to move freely. For hygienic reasons, please wear socks. We sell a gripper bottom sock that can keep your feet from slipping on the equipment. If you forget your socks, please request a "borrowed" pair from your teacher.

Please provide a 24 hour notice of cancellation to avoid a lesson charge. You may cancel your appointment online through our web scheduler, or by calling the studio. Monday appointments must be cancelled by Saturday working hours. We cannot accept cancelled appointments via email. We appreciate your support and are dedicated to offering you top quality instruction. Thank you for respecting our professional skills and dedication by honoring our 24 hour cancellation policy without question and allowing us to focus on the most important aspect of exercise.....YOU!

In good Health,

The Staff at Pilates Studio at the Lake

Please complete the attached Forms and bring with you to your first session.



New Client Form

Name: _____ Date: _____

Address: _____ Phone: _____ Cell: _____

City: _____ Birthday: _____

E-mail Address: _____

Emergency Contact Name: _____ Emergency Number: _____

How did you hear about our studio? _____

Do you have any injuries, aches or pains?(recent or old) Please describe: _____

Are you pregnant? Are there any other health concerns? e.g., asthma, high blood pressure? _____

Are you presently doing other kinds of therapy? e.g. massage, chiropractic? _____

Are you or were you active in any sports, exercise programs? _____

What is your occupation? What do you typically do daily? _____

What are your goals? What do you want most from this program? _____

Additional Comments: _____
