



Welcome To Our Studio

Who are you?:

Name: _____
Address: _____
Phone: _____ Work or Home or _____
Cell: _____ Email: _____
Birth date: _____

How are you?:

Please list any injuries or medical conditions we should be aware of. Include dates if you can.

Circle any of the following diseases/disorders you have or have had:

Anemia	Apnea	Chest Pain	Digestive Disorders
Diabetes	Dizziness	Epilepsy	Osteoporosis/Osteopenia
Headaches	Concussion	Scoliosis	Rheumatoid Arthritis
Paralysis	Numbness	Osteo-Arthritis	Cancer (type: _____)
Asthma	Low Blood Pressure		High Blood Pressure

Anything else: _____

Are you taking any medications? Y N List: _____

Women: Are you pregnant? Y N Due date? _____

How would you rate your overall health? 1 2 3 4 5 (1 being poor, 5 being excellent)

Emergency Contact:

Name: _____ Relationship: _____

Contact Info: _____

How did you hear about How To Move? _____

What do you do?:

Do you exercise regularly? Y N

If yes, how many hours per week do you exercise? 1-2 2-4 4-6 6+

Please list types of exercise you do now or have done in the past:

How often do you do at least 20 minutes of moderate to strenuous exercise?

Less than 1x/wk 1-3x/wk 3-5x/wk 5-7x/wk

Do you have any specific fitness goals? Y N

If yes, please describe: _____

What Else do you do?:

What kind of work do you do? _____

Who do you work for? _____

What kind of work environment? Office Home Other: _____

How many hours per week do you work? _____

How far is your commute? _____

How do you spend your time at work? (circle all that apply)

Sitting Standing Driving Walking On the phone On the computer

Other: _____

Is there anything else we should know?

I have answered the questions above fully and accurately, and I hereby release How To Move and/or its Instructors from any liability claims and/or damages related to items on this form.

Signature: _____ Date: _____

Thank you! Now let's get moving!

◆ **HowToMove.com** ◆



Studio Policies

- *All Lessons must be paid for in advance.*
How To Move only accepts credit/debit cards through our website. We only accept payment by check or in cash at the Studio. We apologize for any inconvenience.
- *Standard and Introductory Packages are non-refundable.*
These packages expire 90 days from the date of purchase.
- *All appointments and cancellations must be confirmed in person or on the phone.*
Email cancellations of appointments are not accepted. Email requests for appointments should be considered tentative until you have received a confirmation phone call from your Instructor. Please phone 650-585-6805 and leave a clear message with your name and phone number, indicating when you can or cannot have a lesson.
- *Cancellations must be received by no later than 4pm the previous business day.*
We prefer you to reschedule rather than cancel, and we will do our best to accommodate reasonable changes without a rescheduling charge. Please be respectful of your Instructor's schedule and try to minimize changes and cancellations. No Shows and Late Cancellations will be charged in full regardless of the reason, unless expressly excused by your Instructor.
- *Standard appointments are 55 minutes in length.*
If you arrive late for an appointment, you will receive instruction only for the remainder of your scheduled time.
- *If your workout partner cancels, you don't have to.*
If you have paid for a Semi-Private or Small Group lesson, and you are the only participant, you may choose a 30-minute Focused Private for the price of one Pre-paid Lesson, or you may choose to be charged for two lessons and receive a full 55-minute Private.
- *It's OK to come a little early and wait for your lesson in the Studio.*
If you're worried about finding a parking place, or if your schedule doesn't quite match your appointment, come on in and relax (or warm up if there is room available).
- *Prices are subject to change at any time.*
Changes in pricing will not affect lessons you have already paid for.

I have read and fully understand these policies and I voluntarily agree to them.

Signature: _____ Date: _____



Agreement of Release and Waiver of Liability

I, _____, in consideration of being permitted to participate in training with Stella Lorvan (dba How To Move), hereby declare and agree that:

1. I am receiving and/or intend to participate in classes, programs, and/or workshops where I receive information and instruction about movement, including Pilates and/or other fitness techniques, referred to herein as "training".
2. I understand that training requires physical exertion and movements that may be strenuous and that may cause physical injury. Like any physical conditioning or exercise program, training presents some unavoidable risk of injury, especially to people who have pre-existing injuries, muscle/movement patterns, illness or medical disabilities. I am fully aware of, and accept responsibility for, the risks and hazards involved in training.
3. It is my responsibility to consult with a physician regarding my participation in training, both before that training begins and periodically thereafter. How To Move will not render any medical services such as medical diagnosis of my physical condition.
4. I declare that I am physically fit and have no impairment or condition that would either prevent my full participation in training or increase the likelihood of injury, except as I have disclosed in writing. There is a complete list of relevant past and present injuries, illnesses, and conditions on the Welcome to Our Studio form.
5. I agree to keep How To Move fully informed of any changes in my physical condition, with updates prior to each training session. If I feel any discomfort during training, whether or not I believe that discomfort is related to training, it is my responsibility to stop and inform my instructor immediately.
6. I, my heirs, my legal representatives, and all parties acting on my behalf hereby and forever expressly agree to waive any claim I may have against How To Move for any soreness or injury or damages or death, whether accidental or caused by negligence.
7. I, my heirs, my legal representatives, and all parties acting on my behalf hereby and forever covenant not to sue or pursue any claim or demand against How To Move, its agents, or its subcontractors.
8. I agree that How To Move has the right to refuse service to anyone who for any reason is deemed by How To Move to be temporarily or permanently unfit for training.
9. I have received and understand and agree to the terms of How To Move's Studio Policies form, including but not limited to cancellation fees and advance payments.

I hereby affirm that I have read and fully understand this Release and Waiver, I certify that my declarations are complete and accurate, and I voluntarily agree to these terms and conditions.

Signature: _____ Date: _____