

PILATES WITH GAIL

<http://www.pilateswithgail.co.uk/>

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Registration Form Form for Pilates Matwork

Name (print) : Tel :
Signed : Date :

If you are new to Pilates, it is essential to attend a beginners class or private session before joining a regular group matwork class. This is to ensure that you have an understanding of the basic principles of Alignment, Breathing and Core Stability.

One Private Matwork Session

Date : Time :

The initial session is formatted to include an evaluation and health assessment

Fee: Single session £ 35.00 Course of 3 sessions £ 100.00 Course of 5 sessions £ 160.00

Please note : Cancellations require 24hrs notice or the full fee will be charged

Private Lessons may be paid for at the time of your lesson

A Course of Group Matwork Classes

Start Date : Time : Day :

The length of each course is indicated on the Class Timetable

Fee: 5 week course £ 32.50 6 week course £ 39.00 7 week course £ 45.50

Please note : Places are subject to availability and you may need to be placed on a waiting list. No refunds are given for missed classes, but numbers permitting, and with notice, you are welcome to catch up at another class that term.

Please return this form with your Health Questionnaire and your fee

Please make cheque payable to Gail Adams

Postal Address :

Pilates with Gail • 1 Sapphire Gate • Poets Corner • Coventry • CV2 5JQ

If you have any further questions please don't hesitate to contact me.

I look forward to meeting you, Gail