



Today's Date:

Name:

Birthday:

Address:

Phone:

Email:

Emergency Contact:

Phone:

Do you have any current injuries?

What previous injuries/ surgeries have you had?

What are your fitness goals?

Have you ever done Pilates on equipment or mat? If so, how long ago and for how long?

In addition to giving verbal cues, we sometimes give physical cues. Are you comfortable being touched by your instructor?                      Yes                      Occasionally                      Not at all

How did you hear about Alexander Pilates?