



**practice**

pilates • yoga • nutrition • for life

5575 Far Hills Ave  
Dayton, OH 45429  
(937) 432-9399  
www.practice-center.com

## INFORMED CONSENT

By signing this document, I acknowledge that I have voluntarily chosen to participate in a program of progressive physical exercise which can enhance the musculoskeletal and cardiorespiratory systems. In signing this document, I acknowledge being informed of the possible strenuous nature of the program and the potential for unusual, but possible, physiological results including, but not limited to, abnormal blood pressure, fainting, heart attack or death. By signing this document, I assume all risk for my health and well being and hold harmless or any responsibility, the instructor, facility or any persons involved with this program and testing procedures. I understand that any questions about exercise procedures and recommendations are encouraged and welcomed.

## PRACTICE GUIDELINES

- All sales are final. Payment must be made in advance to receive the discount rates.
- **A full 24-hour notice is required to avoid being charged for appointments as well as group reformer and TRX/Mat combo classes.**
- Payment is due in full upon purchase of any and all packages.
- All payments may be made with cash, check, Master Card, Visa or American Express.
- Packages expire 180 days from the date of purchase unless prior arrangements are made.
- A departure of more than 2 weeks from your regularly scheduled session(s) will jeopardize your time slot(s), please make prior arrangements.
- Sessions are 55 minutes. Please be prompt in order to benefit fully from your Practice session.
- It is requested that socks be worn during Pilates' workouts. We will occasionally ask you to take your socks off for a particular exercise.
- Rates are subject to change without notice.
- There is a \$30 fee for returned checks.

I understand the above terms and conditions of Practice and agree to abide by them.

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Signature

Date

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Please Print Name