

Swan Pilates - Medical Clearance

This person wishes to take part in either a group pilates exercise class or to receive one-to-one private pilates tuition with the above named company.

The exercises taught in these classes are of a clinical nature and will contain modifications and progressions of Pilates mat-based exercises. Those participating in private tuition may also use the pilates reformer and step barrel.

Every precaution will be taken to ensure the participant's safety during their participation. The content of the class has been designed to improve muscular strength, endurance and flexibility.

Group classes are designed for mixed abilities.

I approve of (print person's name)
participation in this class. The health status of this person will permit him/her to participate in the program subject to restrictions listed below. Please list any exercises below that this person should not perform or precautions to be taken.

Name of Treating Doctor/Consultant

Signature:

Practice Stamp or name and address of practice:

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Swan Pilates
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