



Bruckman School of Dance

Pilates Mat 7-Week Session

Fall into Fitness

Pilates Mat 7-Week Sessions

Mondays, Sept 29 – Nov 17, 2008 at 6:30 – 7:30 PM
 (No classes on 10/20/08 due to instructor's schedule)

Must have 10 students registered for session by Sept 22, 2008 to have the session.

FitWell Studios Pilates Mat 7-Week Session at Bruckman School of Dance

\$60 for 7-Week Session (7 Classes)

Dates for Pilates Session at Bruckman: Monday Evening 7-Week Session, 9/29/08 – 11/17/08 at 6:30 – 7:30 PM
 No class on 10/20/08 due to instructor's schedule.

FitWell Studios accepts check, VISA and MasterCard as forms of payment

Visa MC # _____ Exp. _____ CVV _____

Name (as it appears on card) _____

Mailing Address for Credit Card: Street _____
 City _____ State _____ Zip _____

PARENT/GUARDIAN:

Last Name _____ First Name _____

Address: _____ City _____ Zip _____

Phone: Home _____ Cell _____ Work _____

Email: _____

Spouse Name _____ Phone _____

Emergency: Name _____ Phone _____

STUDENT:

Last Name _____ First Name _____

Address: _____ City _____ Zip _____

Birth Date _____ Age _____ School _____ Grade _____

List Medical Disabilities _____

Please read & sign the waiver on the reverse side. Make checks payable to FitWell Studios.

Mail completed registration form & signed waiver with registration fee to:

FitWell Studios Pilates & Yoga

718 Parkwood Court

Wexford, PA 15090

PLEASE, DO NOT SEND CASH THROUGH THE MAIL.

NO REFUNDS

FitWell Studios Pilates Mat 7-Week Session

Bruckman's School of Dance

What is Pilates?

Pilates (pi-lah-tees) is an anatomically-based approach to the original mind-body exercise pioneered by the late Joseph H. Pilates that targets the deepest muscles in the body to create a strong core without the pain associated with conventional exercises such as muscle tissue tears, jarring impact on joints, or muscular exhaustion. Pilates focuses on engaging the mind with the body such that every exercise is performed with attention to the breath, proper form, and efficient movement patterns. From consistent Pilates training, the student will strengthen the core, improve balance, increase coordination, and decrease stress.

What will I need?

- A yoga or Pilates mat for comfort and safety
- Wear comfortable clothing that will allow freedom of movement
- A bottle of water for hydration
- An open mind and heart to new experiences

Waiver Statement

The participant and/or guardian of the participant acknowledges that he/she is physically able to participate in all physical exercises and/or activities provided by the class instructors and agrees that all exercise, activities and use of the facilities thereof are undertaken at the participant's own risk. Bruckman School of Dance, FitWell Studios, and FitWell Studios' instructor(s) shall not be held liable for any claims, injuries, demands, actions, or causes of action whatsoever, to the participant or to the property of the participant as a result of any uses of any facilities and/or services provided. The participant does hereby release Bruckman School of Dance, FitWell Studios, and FitWell Studios' instructor(s) from any accident or loss resulting from his/her own actions and those of fellow participants. In the event of an accident, the participant hereby consents to be examined at his/her own expense by a licensed physician who shall provide a written medical report to all parties involved as requested by Bruckman School of Dance and FitWell Studios' management. Please remit this form with the registration and payment in full. **NO REFUNDS!** Bruckman School of Dance and FitWell Studios reserves the right to cancel sessions or workshops due to insufficient enrollment, in the event that Bruckman School of Dance or FitWell Studios cancels the session or workshop, all refunds will be issued within 7 days after the cancellation date.

I have read and understand the above waiver statement. I understand the potential risks involved in this program. I hereby consent to those risks and am freely and voluntarily participating in this program. Finally, I am freely signing this agreement as the participant and/or guardian of the participant.

PARENT SIGNATURE: _____ DATE: _____

STUDENT SIGNATURE: _____ DATE: _____