

PILATES LESSONS POLICES

I understand and consent the following conditions:

- 1) I assume full responsibility of all risks incurred while using the Pilates Equipments.
- 2) I understand that the instructor Josiane da Silveira Malamud strongly recommends seeking medical authorization prior to starting any physical activity.
- 3) I declare that I have been informed that practicing "Pilates" and other physical activities may present risks.
- 4) I hereby release Josiane da Silveira Malamud of all responsibility concerning claims, liability, fault, damages, penalty and expense, suit, action or cause of action in whatever form it takes, for my person, resulting from or related to the use of equipment or accessories during a Pilates or Movement Class.
- 5) I acknowledge that by reading this document I subscribe and agree to all of its terms and conditions.

Name of client:

Signature of client:

Signature of the instructor:

Date:

ABSENCE POLICY

In order to have a better Pilates Experience and maintain the quality of the services, please note the following rules:

📍 10145 Av Hamel

We require 24 hours' notice to cancel or reschedule a class.

IMPORTANT

- 1) Unfortunately, short notice cancellations will be charged.
- 2) Cancellations made by the Instructor will always be replaced, at a convenient time for both parties.

Signature of client:

Date:
