

The Pilates Wellness Center, Inc.
Health & Safety Information Waiver and Release

Pilates is an exercise program in which all levels and ages can participate. Because Dr. Habanova would like your experience here to be safe and positive, there are some basic health and safety considerations of which you should be aware.

1. As part of the Initial Consultation, Dr. Habanova or a Certified Pilates Instructor will evaluate your fitness level and help you develop your Pilates Fitness, Pilates Rehabilitation or Sports Pilates goals. At that time you must explain your physical health conditions so that your program is safe for you. A Client Health Information Form is attached for you to complete. If, at any time, it is determined that more in-depth supervised therapeutic services are required that can be provided at The Pilates Wellness Center, Pilates training may be discontinued and any unused payments will be refunded.
2. It can take 4-6 weeks to begin to see a difference in your body. Depending upon your goals and commitment to the Pilates Program, more sessions may be needed to accomplish the desired results. Body changes occur with body movements that continue over time. There is no limit on the number of sessions that are beneficial, since exercise is an essential component of wellness. However, individual results will vary depending on present physical health, previous history, injuries, genetics, current fitness level and nutritional status.
3. Body soreness and tenderness may occur with Pilates training. Pilates training is a gentle, low impact exercise program which may or may not cause any soreness, while being effective. A delayed onset of soreness may occur 24-48 hours after exercising. Please keep your Pilates Instructor advised when soreness occurs, particularly in areas of old injuries, and if persists, contact your physician. If you experience sharp, shooting or other significant pain during or after Pilates training, please advise Dr. Habanova or your Pilates Instructor immediately and you should contact your physician.
4. The Dr. Habanova's Pilates Method™ is designed for Pilates Fitness, Pilates Rehabilitation, and Sports Pilates. Pilates based training may be an appropriate step in a rehabilitation plan. The Pilates Wellness Center does not provide medical supervision and can not be substituted for a physical therapy program.
5. The Pilates instructor will provide information about exercises. Clients will need to provide information regarding their bodies as they move through the exercise, for example, the resistance is too light or heavy, and whether the movements are comfortable or there are any discomforts. This is very important for safety and results. Based on client feedback, the Pilates instructor will modify exercises to meet each individual's needs and avoid uncomfortable or potentially unsafe situations.
6. The professional Pilates equipment is for use with an Pilates Instructor and must not be used at any other time.
7. Pilates Instruction for safely getting on and off and using the equipment will be given to each participant. It is imperative that everyone carefully follow these instructions.
8. While participating in any of the Programs (group fitness classes or individual sessions), please practice good " Studio Etiquette" by dressing according to Studio policies with proper pilates attire. This consist of long leggings, socks or ballet slippers and a top that covers your torso. If proper attire is not worn to session, the session will not be conducted for participant and session will be charged.
9. Since this is a professional public studio, please refrain from using perfumes, hair spray and fragrant hand creams.
10. For your convenience, there is plenty of parking besides the mailboxes across from the Studio. It is not the Pilates Wellness responsibility for any damages incurred for parking outside.