



**GULF Coast PILATES**  
*changing lives by training mind and body*

## Waiver Agreement

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: cell \_\_\_\_\_ home \_\_\_\_\_ office \_\_\_\_\_

Email: \_\_\_\_\_

I, \_\_\_\_\_, have enrolled in a program of strenuous physical activity including, but not limited to, all exercises and conditioning offered by Pilates Plus Kingwood. I hereby affirm that I am in good physical condition and do not suffer from any undisclosed disability which would prevent or limit my participation in the program.

I fully understand that I may injure myself as a result of my participation and I hereby release Pilates Plus Kingwood and Jill Gilbert Lucas from any claims, demands and causes of action arising from my participation in the exercise program.

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## Studio Policies

All classes are non-refundable. Group class space may be reserved for \$20 per class; payment must be received before the monthly deadline posted on the schedule. Drop-in rate and reservations received after the deadline is \$25 per class. **There are no make-ups for missed group classes.** 24 hours notice is required for missed privates; otherwise, no make-up will be provided. Private packages will be subject to expiration. As a courtesy, please give notice if you won't be in your reserved group class as your absence does change circumstances.

Please silence your phones during class; refrain from chewing gum or wearing perfume. If you arrive more than 10 minutes late, please book another class to get your full time and avoid disruption.

Our policies are in place to help you stay committed and keep the studio in business. Thank you!

signed: \_\_\_\_\_