

Mat Class Registration Form - Washington, DC



Instructions

1. Print, read, sign and complete both pages of this form (refer to Schedule of Mat Classes on the Excel web site for upcoming schedule)
2. Mail both pages of this form and payment of \$90.00. (Checks or money orders made payable to Excel) to: Excel Movement Studios, 3407 8th Street, NE, 2nd Floor, Washington, DC 20017.
3. Once your materials are received, you will receive a confirmation call from the office.
4. If you have not received a confirmation call within one week from the date you mailed your registration materials, please contact the office at 202.269.3020.
5. Do not email or fax registration form; we do not accept credit cards.
6. No refunds after **September 6, 2010**.

WAIVER OF LIABILITY AND INFORMED CONSENT RELEASE

I have enrolled in a program of instruction in the Pilates Method of Body Conditioning offered by Excel Movement Studios Inc. I have been informed and acknowledge that Excel Movement Studios Inc. makes no claims as to medical results which can or may be obtained through participation in this program of instruction or use of Pilates or Excel Movement Studios Inc. facilities and/or equipment. Excel Movement Studios Inc. has neither suggested nor will suggest any medical treatment to participants. Only licensed professionals are qualified to give medical advice. Participants are instructed not to act on the advice given by any unlicensed employee, agent or contractor of Excel Movement Studios Inc. until and unless such advice has been verified with a licensed professional or their own physician. Each participant represents that there is no medical or physical condition which would prevent them from participation in this program of instruction or from using Excel Movement Studios Inc. or Pilates equipment or facilities. Each participant further represents that she/he has not been instructed by any physician not to do so, and will continue to keep Excel Movement Studios Inc. fully informed of any physical or medical condition or disability which would prevent or limit the participant's participation in this program of instruction or use of equipment. Each participant has been advised and realizes that participation in Pilates Method exercise and conditioning activities, and the program offered by Excel Movement Studios Inc., presents some unavoidable risk of injury, especially to people who have preexisting injuries, illness or medical disabilities. Each participant has been advised and understands that a medical evaluation is advisable before commencing any program of physical conditioning or exercise. The participant understands that the use of exercise equipment also carries with it a risk of injury. The participant recognizes that many changes may occur as a result of these exercise lessons, including possible short-term aggravation of some symptoms, feelings of tiredness, lightheadedness, increased energy, mood changes, etc. and that any strenuous athletic or physical activity involves certain risks of injury. Participant assumes the risk of any and all accidents or injuries of any kind which participant may sustain by reason of or in connection with use of Excel Movement Studios Inc. or Pilates equipment or facilities. Participant releases, discharges, and absolves Excel Movement Studios Inc., its directors, shareholders, employees, apprentices, and contractors from any and all claims, demands, rights of action, or causes of action, present or future, whether known or unknown resulting from participant's participation in this program of instruction or use of Excel Movement Studios Inc. or Pilates facilities or equipment. Participant expressly assumes all risks of injuries resulting from participant's participation in this program of instruction and use of Excel Movement Studios Inc. or Pilates facilities or equipment. Participant has been advised and realizes that Pilates mat and apparatus classes require prior evaluation of their fitness level and participant is responsible for attending the appropriate level class. Missed mat classes can be made up based on space availability only (in your current level or lower). Any missed classes can only be made up during the six-week session you are enrolled in. Participant understands that enrolling in Pilates Mat classes offered by Excel Movement Studios Inc. is for personal use only and is not to be used as teacher training or continuing education. Participant is aware that only certified teachers are qualified to teach the Pilates Method of Body Conditioning. Excel Movement Studios Inc. shall not be responsible or liable for any article lost, stolen or damaged, in or about the studio.

I agree to the conditions stated above.

Print Name _____
Signature _____
Date _____

Studio Policies and Guidelines are available on the website or by request at 202.269.3020.

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The Pilates Method of Body Conditioning at



Fall 2010

Name _____

Address _____

City _____ State _____ Zip _____

Telephone/Day _____ Evening _____

Email Address _____

Day and time of Class/es _____

Second choice if class is full _____

How did you hear about Excel Movement Studios? _____

If you have specific injuries or health issues, please note them here: _____

Pre-registration is required. Registration is on a first come - first served basis. Advanced minimum registration required. Enrollment is limited. If you are registering for Advanced Beginning Mat or a higher level, prior experience in Pilates Mat or permission of an instructor is required for registration.