REGISTRATION FORM AND CLIENT AGREEMENT

Dynamic Posture
Pilates

Name:	
Surname:	
Birthday:	
Residential Address:	
Email:	
Tel (h) / (w):	
Cell:	
Injuries:	
Reason for starting Pilates:	

Welcome to Dynamic Posture Pilates. Please complete this form accurately and inform your instructor of any health concerns, injuries or changes that may affect your sessions.

BOOKINGS

- Weekly class slots are reserved through ongoing monthly payment, including during absences.
- A monthly package is required before booking additional classes within the same month.
- If sessions are discontinued, your slot will be released. Rejoining requires a new registration and registration fee.
- In a 5-week month, the 5th regular class is complimentary.

PAYMENTS

- Payment is made in advance to retain your reserved weekly slot.
- Payment details are provided on your invoice.
- Pay 2 months in advance or by monthly scheduled payment on the 28th of every month.
- A 4% cash discount applies to monthly packages only.
- A R250 non-refundable registration fee applies; 100% is donated to an animal shelter.
- Missed or unused classes are non-refundable.
- Rates are subject to annual increase.

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NOTICE

- A minimum of 24 hours' notice is required to reschedule a class.
- Classes cancelled on the day may be made up in an Online Mat Class within the same month.
- One full calendar month's notice is required to cancel your sessions and release your permanently reserved slot.
- Notice of withdrawal may not be given in November for December.

RESCHEDULING

- Reschedule your class online via the Booking & Registration page.
- Missed classes must be made up within the same calendar month as the missed session, either before or after travel. Otherwise, the session is forfeited.
- Private clients may arrange a separate available time to make up a session.
- Duet & Group Class clients must make up sessions in available spaces in other scheduled classes. Separate class times cannot be arranged.
- Make-up classes cannot be rescheduled again, even with notice.

HEALTH & CONFIDENTIALITY

- Please disclose relevant health conditions, injuries, pregnancy, medication or changes that may affect your ability to exercise. Medical clearance may be required where appropriate.
- Client information is treated as confidential. Pilates instructors do not diagnose medical conditions or prescribe treatment.

TRAVEL SUGGESTIONS

- If you travel frequently, we recommend committing to one permanent weekly slot to allow greater flexibility to make up sessions before or after travelling.
- If you are not travelling and would like to increase your sessions during a particular month, additional classes may be booked at a pro-rata rate, subject to availability in your preferred class.

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CLIENT DECLARATION, ASSUMPTION OF RISK & INDEMNITY

I understand and acknowledge that participation in Pilates, exercise and the use of Pilates equipment involve inherent risks, including the risk of strain, injury or other physical harm. I voluntarily choose to participate and accept these inherent risks. To the fullest extent permitted by South African law, I release and indemnify Dynamic Posture Pilates (Pty) Ltd, Kelly Fullerton and any instructor teaching at the studio from claims, loss, damage, costs or expenses arising from or connected with my participation, except to the extent that liability cannot lawfully be excluded or limited. I remain responsible for my personal belongings while at the studio.

I confirm that, to the best of my knowledge, the health and medical information I have provided is accurate and complete. I will inform my instructor before participating of any injury, illness, pregnancy, medical condition, medication or change in my health that may affect my ability to exercise. Where appropriate, I will obtain medical clearance before participating or continuing. I understand that Pilates instructors do not diagnose medical conditions or prescribe medical treatment.

I agree to exercise within my own abilities and to immediately stop exercising and inform my instructor if I experience pain, dizziness, shortness of breath, unusual discomfort or any other concerning symptoms. I confirm that any information I provide about my previous Pilates experience is accurate.

By signing below, I confirm that I have read, understood and agree to this Client Declaration, Assumption of Risk & Indemnity and to the studio's current Bookings, Payments, Notice, Rescheduling and Class Policies set out in this agreement.

Signature (Client): _____
Parent / Legal Guardian name (if under 18 yrs): _____
Parent / Legal Guardian signature: _____
Date: _____

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PILATES CLASS RATES

- Rates Charged per person per month.
- 4 Pack Classes = 4 Classes per month.
- 8 Pack Classes = 8 Classes per month.
- Drop-In Classes cannot be rescheduled, even with notice.
- Drop-In Classes
  Available for a trial class or when starting mid-month, in which case the Drop-In rate applies.

PRIVATE & DUET

Pack	Private	Duet
4 Pack – 40 Min	R1,940	—
8 Pack – 40 Min	R3,370	—
4 Pack – 55 Min	R2,440	R1,940
8 Pack – 55 Min	R4,350	R3,600
Drop-In – 40 Min	R600	—
Drop-In – 55 Min	R710	R600

MAT, EQUIPMENT & KIDS CLASSES

Pack	Mat	Equipment	Kids
4 Pack	R1,000	R1,480	R710 (30 Min)
8 Pack	R1,980	R2,730	—
Drop-In	R360	R460	R230

CLASSES PER WEEK CHOSEN: _____

AMOUNT PER MONTH: _____

PAYMENT METHOD EFT / CASH: _____

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