

Health questionnaire 2023

Personal Details

Name: _____

Address: _____ City: _____

Contact Tel / Mobile: _____

Email: _____

Sex: female male Date of Birth: _____

Occupation: _____ Sports/Hobbies: _____

Emergency Contact Details

Name: _____

Contact Tel / Mobile: _____

YOUR GOALS

Why are you interested in taking Pilates?

What health and physical goals would you like to achieve over the next three months and what would you like to achieve in the long term?

Does your work/hobbies involve any of the following:

- sitting for long periods (office, car) rounded back sitting/standing (lots of stress on back)
 lifting heavy weights orthopedic shoe inserts
 standing for long periods walking for long distances in high heels
 extreme one-sided sports any other repetitive action, which: _____

YOUR PILATES KNOWLEDGE?

Will this be the first time you have practiced Pilates?

- yes no, I have previously attended:
 Matwork classes complete Studio
 Reformer only at home (book, DVD)
 Number of classes attended: > 5 5 – 10 10 – 20 < 20

WOULD YOU LIKE TO GET HOMEWORK?

- yes no

YOUR HEALTH

Do you currently have health problems?

no yes, what kind: _____

Are you currently receiving medical treatment?

yes no
If yes, why: _____

Your Doctor/Therapist: _____

I hereby give pilatesWERKSTATT permission to contact my Doctor/Therapist:

yes no

Are you taking any drugs or medication?

no yes (what med/for what): _____

Do you have any cardiac issues (pain in your chest, feel faint or similar)?

no yes, what kind: _____

How is your blood pressure?

normal low I have high blood pressure

Have you had minor surgery in the last 2-5 years?

no yes, what kind: _____

Do you suffer from any respiratory diseases? (asthma, bronchitis, epilepsy or similar)?

no yes, I suffer from: _____

Do you have pain or restricted movement in any of your joints?

(Joints; hip, knee, ankle, shoulder, elbow, wrist Back; lower, chest, neck Extremities; arms, hand, legs, feet)

no yes, I suffer from: _____

Are you, or could you, be pregnant?

no yes, I'm pregnant - due date: _____

no, but I have given birth to my child within the last six months: _____

naturally naturally with intervention (e.g. forceps) caesarean

Is there anything else we should know about your health from the past, what you didn't mention already?

no yes, I had: _____

How did you hear about PILATESWERKSTATT, Zug?

Google, Internet, Flyer: _____

Customer referral through: _____

Doctor, Therapist referral through: _____

Word of Mouth/Pilates Teacher: _____

HEALTH QUESTIONNAIRE, EXPLANATORY LEAFLET

Important information

Please let us know before each lesson if your health or ability to exercise has changed. This is very important, especially in the case of an instructor substitute.

It is not recommended to practice Pilates between the 8th and 14th week of pregnancy, except by special agreement with your instructor.

Pilates is a very safe training method, but as with all kinds of physical training, it is advisable to consult your doctor first.

Pilates lessons do not replace medical advice or medical treatment. If you have any doubts about the appropriateness of the exercises, please consult a medical specialist.

The exercises should be done at a pace that suits you. Pain is a warning sign of the body and should not be ignored. Please inform your instructor immediately if you experience any discomfort during the lesson. Please also inform your instructor if you have had any complaints after a previous lesson.

I am aware that PILATESWERKSTATT ZUG contains tactile corrections and I agree with its working methods. I commit myself to follow the training instructions of the qualified person (own body and equipment settings) in order to achieve a safe and successful training.

I have been informed about the Covid protection concept for Pilates Studio according to BASPO (Swiss Federal Office of Sports) and will follow it.

Training -Guidelines

Training equipment / clothing: tight trousers e. g. leggings or cycling pants

For hygiene reasons, we recommend wearing "Toe Sox" (available in the shop).

In order to preserve the longevity of our mats and equipment, we kindly ask you to take off before the training all garments WITH rivets, zippers on the outside, rhinestones etc., jewellery, necklaces, bracelets, rings etc.. Please put them in your sports bag (PILATESWERKSTATT ZUG does not assume any liability).

Towels and water bottles can be brought into the studio, but for safety reasons they should be deposited outside the training area.

Participants should clean the used equipment with disinfectant after each lesson.

Cell phones should be turned off during the lesson.

I hereby confirm that I have truthfully filled in all information and that I have read the information sheet. I accept the general terms and conditions of PILATESWERKSTATT ZUG, which you find attached in the following sides.

Customer Signature: _____

Place and Date: _____

Name Instructor: _____

GENERAL TERMS AND CONDITIONS (GTC) PILATESWERKSTATT ZUG
Effective from April 1, 2022 - 3 pages

GENERAL

A training session lasts 50 to 60 minutes depending on the offer. Arriving on time is important to have an effective and targeted training with you. In the event of late arrival, the Pilates Instructor is entitled, for safety reasons (missed warm-up), to refuse access to the group room for group lessons. For personal and pair (duet) lessons, the minutes lost are at the customer's expense.

REGISTRATION

Registrations (oral, telephone or online) are in all cases binding.

Privacy information for online registrations can be found at:

www.pilateswerkstatt.ch/datenschutzerklaerung

HEALTH CONDITION

Physical activity does not pose a health risk for most people. However, in some cases, it is advisable to consult a doctor before starting training. Participants are required to inform instructors at all times of any injury, discomfort or pregnancy. The health questionnaire on risks and objectives must be completed accurately before the first training and must be renewed annually.

GROUP COURSE ENTRY

Entry into a group course (max. 4-6 people) is generally always possible after consultation. For new starters a Personal Training Intro lesson of CHF 120 / 60 min is mandatory to receive a training recommendation from the instructor, to look at basic exercises and principles and to determine state of health. Thereafter, a one-off trial lesson for CHF 30 may be attended in a proposed group. The trial lesson for 4 people reformers or chair groups costs CHF 50.

INTRO LESSON / INDIVIDUAL OR PAIR TRAINING

The beginner / intro lesson can be used once and costs CHF 120 / 60 min (individual) or CHF 75 per person (pair) and must be paid before the start of the lesson. It includes: personal one-to-one support by a trained instructor, customer analysis/determination of state of health, training objectives, recommendation for training (personal/group training), presentation of the Pilates method and principles as well as their benefits, training on the Pilates devices as well as on the mat.

ONLINE TRAINING / ZOOM LESSONS / VIDEO ON DEMAND

Participant registration, whether oral, written, by email or app, is in all cases binding. All the times listed are Central European Time (CET). Please check your time zone to participate on time. PILATESWERKSTATT ZUG will send the participation link no later than 15 minutes before the start of the lesson. The hour begins on time. Once the lesson has started participants cannot be connected. If the hour is interrupted for technical reasons by the PILATESWERKSTATT ZUG, the time is added to the end of the lesson (up to a maximum of 10 minutes). In case of system failures by PILATESWERKSTATT ZUG leads to less than 50% of the hour being held, the hour will be delayed and the lesson cost transferred or credited to another lesson. For group hours, all participants are muted for the entire lesson. If you have problems with the internet, the link, etc., please contact the instructor before starting a lesson.

Personal responsibility for online training:

Participants are responsible for their health and should only train without pain. The participant needs to make sure they have sufficient space to perform the exercises without hindrance and wears Toe Soxs or trains in bare feet. The Participant will ensure that all tools such as Power Circle, Thera Bands, mats, rollers etc. are in good condition to ensure safe training. PILATESWERKSTATT ZUG refuses liability for the state of the equipment and any accidents. Each participant is responsible for an optimal internet connection.

OFFER/PRICES

All prices are per person, including 7.7% VAT.

During individual lessons, the PILATESWERKSTATT ZUG reserves the right to use the room and equipment simultaneously with another instructor and their customers. In the group hours, the teaching language (German/English) will be adapted to the majority of participants. At times the PILATESWERKSTATT ZUG has trainees in the studio who are work shadowing. Any affected customers will be asked in advance. The PILATESWERKSTATT ZUG may change the GTCs, its offers and/or prices at any time. The PILATESWERKSTATT ZUG reserves the right to adjust the hourly schedule and to change course instructors. Such changes will be notified in advance. Additional offers, such as events or workshops, will be provided on request. PILATESWERKSTATT ZUG reserves the right to move the place of venue within ZUG and the surrounding area. Vouchers may be redeemed as individual amounts.

WORKSHOPS / EVENTS / TRAINING

Workshops / Events / Training are subject to additional terms and conditions, which are detailed in the registration forms.

OPENING TIMES

The PILATESWERKSTATT team is here for you from Monday to Saturday. Appointments only after consultation with the instructors. Group hours are according to Online Scheduler www.pilateswerkstatt.ch
The Pilates Studio is closed for cleaning and maintenance work approximately 1-2 weeks a year. The studio remains closed on public holidays in the canton of ZUG. The PILATESWERKSTATT ZUG shall inform the participants in good time. However, the individual instructors are responsible for their own working hours.

SUBSTITUTES IN THE ABSENCE OF THE INSTRUCTOR

The PILATESWERKSTATT team strives to offer all customers a regular Pilates personal or pair appointment. In the absence of an instructor, a substitute may be proposed. The customer has the option to accept this date and pay the lesson fee directly to the substitute instructor in cash or by bank transfer. Regardless of their subscription. In the group lessons a substitute will be organised.

LIABILITY

Participants train at their own responsibility at PILATESWERKSTATT ZUG. All liability for injuries incurred during training at PILATESWERKSTATT ZUG will be refused. Participants must have their own insurance. PILATESWERKSTATT ZUG does not accept liability for accidents, property damage or theft of personal property.

CANCELLATION

If you are prevented from participating in a training session we ask that you cancel with at least 24 hours' notice in writing either through our MindBodyOnline Booking System at www.pilateswerkstatt.ch (click on the "Book now" button on the top right of the page) or directly in the booking app on your mobile phone. The best way is to click on the link and cancel the appointment directly in the reminder email (sent 48 hours beforehand). If the link does not work, send an email to info@pilateswerkstatt.ch. Otherwise, the hour will be used due to late cancellation. SMS, WhatsApp and phone cancellations are not considered to be a valid. In the event of illness a medical certificate shall be provided. The instructor may cancel a lesson if a customer is more than 20 minutes late. In the event that a regular appointment 3 in a row is cancelled with late notice the instructor reserves the right to pass on this regular appointment time to another customer.

PAYMENT INSTRUCTIONS

Trial lessons as well as all payments for subscriptions or individual lessons shall be paid in cash, by credit card (VISA, Master or EC), TWINT or bank transfer before training starts. Credit card payments can be made directly by the customer in the MindBodyOnline Booking System –commission fees will be charged to the customer. Late payment reminders shall be subject to a fee. 1st reminder CHF 20, 2nd Reminder CHF 40 plus interest.

VALIDITY OF THE SUBSCRIPTION/REFUND/RENEWALS

Trial lessons are can be used once (within 1 month from the date of purchase).

For all subscriptions, such as individual, duet, and all groups the following time limits apply:

- 5x Subscription - 2 months
- 10x Subscription - 3 months (except 1:1 and 2:1 - 4 months)
- 20x Subscription - 6 months (except 1:1 and 2:1 - 8 months)
- 40x Subscription - 12 months

If the subscription only has 3 lessons remaining, the customer will receive an automatic email with information. If the subscription has 1 month remaining, an automatic email is sent to the customer.

A claim for reimbursement cannot be made. The PILATESWERKSTATT ZUG offers to transfer remaining training to a friend or, for example, to use group lessons as personal training lessons or to purchase items in the Pilates Shop in exchange. Provided that this has been notified in writing to the PILATESWERKSTATT ZUG during the subscription period. This offer is not valid after the end of the subscription (e.g. 10x Subscription after 4 months). A request to extend the time period cannot be made.

In the event of an accident, sickness or pregnancy, the subscription may be renewed with a valid medical certificate, provided that it has been notified in writing to the PILATESWERKSTATT ZUG within 2 weeks of the accident or illness. This right shall be forfeited after the end of the subscription (e.g. 10x Subscription after 4 months).

This also applies in case of overseas trips of six weeks or more, provided that this has been notified in writing to the PILATESWERKSTATT ZUG at the start of the subscription.

If a subscription is cancelled within the first seven days (without having used an hour), the subscription fee will be reimbursed after the deduction of 20% administrative fee.

JURISDICTION

The jurisdiction for both parties is Zug. The customer expressly waives jurisdiction at their place of residence.

MISCELLANEOUS

Each instructor holds a valid Pilates training certificate and the CRP (First aid) card. The owner, Christine Hüsler, and all Pilates instructors are members of the Swiss Pilates Association www.pilatessuisse.ch and undertake to follow its ethics codes and complete at least 20 hours of training annually.

These general terms and conditions apply to all Pilates instructors who instruct at the PILATESWERKSTATT ZUG studio or who have received an order from PILATESWERKSTATT ZUG.

A fixed camera is installed entrance of the Pilates studio. The camera is aimed at the entrance of the studio. This is intended to prevent vandalism and access by unauthorised persons. No employees are recorded during work. An appropriate sign is displayed in the input area. Camera data is permanently deleted after 3 months. Only the studio owner has access to this data. This is in compliance with Article 13 of the Federal Law on Data Protection (Datenschutz DSG).

Items purchased in the Pilates store can be returned within 7 days against proof of valid receipt and provided it is in the original packaging.

These terms and conditions replace all existing terms and conditions between the parties.

These GTCs are accepted through login/registration to the MindBodyOnline Booking System and signature of the health questionnaire!

I have read and accepted the new GTC's, which **enter into force on 1.4.2022**.