

STUDIO EVOLVE CLIENT HISTORY FORM

Name _____ Date _____

Address _____ City _____ Zip _____

Phone Cell: _____ H: _____ Wk: _____

Email _____ Date of Birth: _____

What is the best way to reach you? _____

Emergency Contact _____ Phone _____

Occupation _____ Hobbies _____

*** How did you hear about Studio Evolve? _____

*** If it was a studio client or instructor, please provide their name: _____

Health & Exercise History

What brings you to Pilates, GYROTONIC® or Yamuna Body Rolling? What are your goals in this work? If possible, are you interested in combining modalities?

Please describe your current physical condition, including acute or chronic pain and any movement restrictions.

Have you had any accidents, injuries, surgery, sprains or broken bones? Please add any additional relevant medical history?

Have you experienced any of the following: Joint pain, osteopenia, osteoarthritis, incontinence, high blood pressure, diabetes, fibromyalgia or asthma? Please describe.

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Are you receiving medical treatment for any of the above? Are you taking any medications? What kind?

Women: Are you pregnant? _____ If yes, how far along are you? _____

Have you recently given birth? _____ If yes, when? _____ C- Section? Vaginal?

What is your past and current experience with exercise, fitness, and bodywork, if any?

Do we have your permission to contact your care provider? If yes, include contact information.

➤ **Cancellation Policy** ◀

24 hours advance notice is required for all cancellations. There is no charge for cancellations received with more than 24 hours notice. For cancellations without notice or with less than 24 hours notice, a full session fee is charged. **Illness and emergencies are not subject to this policy.**

Initials _____ Date _____

All packages expire **120 days** from purchase date. Sessions are not refundable or returnable.

Initials _____ Date _____

Our mission at Studio Evolve is for you to feel comfortable, safe & inspired while you are in our hands. We also want to help you meet your goals. So please let us know if you ever feel we are not meeting your needs.

Thank you and welcome to Studio Evolve!