

Longevita Pilates & Yoga Studio, LLC

Background and Medical History

Date: _____ Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Mobile: _____ Home: _____ Work: _____

Birthdate: MM _____ DD _____ YYYY _____ Occupation: _____

Email address: _____

Emergency Contact/Relation: _____ Phone: _____

We use WellnessLiving as our online scheduling system to allow for the capability to manage class scheduling. You will receive a Welcome email from WellnessLiving to set up your password (your email will be your user name) and a link to download the app called Achieve WellnessLiving to use on your mobile phone to schedule classes, etc.

How did you hear about Longevita? _____ If referred, who? _____

What are your hobbies? _____

What is your job like? (i.e., standing, sitting, bending, rotating, and lifting heavy objects)? _____

What are your goals here at the studio? How can we help you? _____

Are you interested in Yoga, Hot Yoga, Pilates, Barre, or any other fitness regimen? _____

Foot, ankle, or knee problems?	Yes	No
Leg or hip problems?	Yes	No
Neck or Upper back problems?	Yes	No
Back problems? Sciatica? Scoliosis? Disc problems?	Yes	No
Hand, arm, wrist, elbow, or shoulder problems?	Yes	No
Tendon/ligament/muscle sprains or strains?	Yes	No
Difference in leg length?	Yes	No
Joint displacement?	Yes	No
Osteoporosis or osteopenia?	Yes	No
Do you have vertigo/dizziness?	Yes	No
Lung or breathing problems? Heart problems?	Yes	No
Any surgeries we should know about? (Back, knee, ankle, shoulder, hip, foot, etc.)	Yes	No
Pregnant?	Yes	No
Any chronic pain, acute, or temporary pain?	Yes	No
Neurological conditions (MS or Parkinson's)	Yes	No
Abdominal surgery (hysterectomy) or hernias	Yes	No
Arthritis (what type?)	Yes	No
Other:		

Please briefly describe and "YES" circled answers to the previous questions: _____

[SIGNATURE PAGE TO FOLLOW]

Medical Waiver

The exercise programs at Longevita Pilates & Yoga Studio, LLC may or may not be beneficial to you. It is advised that you first consult with your physician about any injuries or existing medical conditions, past or present, before enrolling in Pilates or other fitness programs at Longevita Pilates & Yoga Studio, LLC. We would be happy to speak with your physician or call for a release form on your behalf.

PLEASE READ CAREFULLY! THIS IS A RELEASE AND WAIVER OF CERTAIN LEGAL RIGHTS.

Participant understands that Pilates, yoga, TRX, Barre and other fitness programs at Longevita Pilates & Yoga Studio, LLC involve physical exertion, are strenuous, and that injuries may occur when participating in such activities. Participant accepts and assumes the risks associated with Pilates and other fitness programs at Longevita Pilates & Yoga Studio, LLC, including, but not limited to equipment malfunction or failure, overexertion, inability to perform suggested exercises or maneuvers, failure to properly operate equipment, and failure to follow instructions. Participant hereby freely and expressly assumes all risk of property damage, injury, and death associated with Pilates and all other fitness programs at Longevita Pilates & Yoga Studio, LLC.

Participant understands that it is his/her responsibility to consult with a physician prior to and regarding participation in Pilates and all other fitness programs at Longevita Pilates & Yoga Studio, LLC. Participant represents and warrants that he/she has no physical or mental condition that would prevent full participation in Pilates and all other fitness programs Longevita Pilates & Yoga Studio, LLC. Participants agree to inform his/her instructor immediately of any physical or mental condition that would prevent him/her full participation in Pilates and all other fitness programs at Longevita Pilates & Yoga Studio, LLC.

In consideration for participation in Pilates, yoga, TRX, Barre and all other fitness programs at Longevita Pilates & Yoga Studio, LLC, receiving instruction in group, private or semi-private lessons, workshops or certification programs and using the equipment and facilities, participant hereby agrees to release, hold harmless, and indemnify Longevita Pilates & Yoga Studio, LLC and its owners, partners, employees, independent contractors, directors, officers, agents, instructors, licensees and affiliates from any and all claims by or on behalf of participant against Longevita Pilates & Yoga Studio, LLC arising directly or indirectly out of participant's participation in Pilates and all other fitness programs at Longevita Pilates & Yoga Studio, LLC use of any Longevita Pilates & Yoga Studio, LLC equipment or facilities, and participation in any class, program, or workshop offered by Longevita Pilates & Yoga Studio, LLC. This release includes claims and liabilities arising from any cause whatsoever, including, but not limited to, negligence on the part of Longevita Pilates & Yoga Studio, LLC. This release is binding upon participant, and participant's heirs, assigns, and legal representatives.

If signing on behalf of a minor participant, parent/guardian accepts full responsibility for any medical expenses incurred due to the minor's participation in Pilates, yoga, TRX, barre, and all other fitness programs at Longevita Pilates & Yoga Studio, LLC agree to release, hold harmless, and indemnify (including costs and attorney's fees) Longevita Pilates & Yoga Studio, LLC for any claims brought by or on behalf of the minor.

Addendum Waiver – COVID-19

As an Addendum to the Waiver you have previously signed with us as a member, you agree and understand the following:

By entering this facility, you are aware that you agree to fully accept all known and unknown risks, including the potential risk of exposure to respiratory illnesses such as the coronavirus (COVID-19). The coronavirus is primarily transmitted via exhaled respiratory droplets, most often through coughing and sneezing. These droplets can travel up to six feet and are more commonly transmitted between persons rather than from equipment to persons.

Although we regularly sanitize our equipment and presently are using enhanced cleaning methods and enforcing social distancing in our facility, you understand that you may be exposed to the coronavirus or its symptoms through no fault of our own. Known coronavirus symptoms include fever, coughing, shortness of breath, pneumonia, kidney failure, and may include other symptoms, stroke or even death (collectively "Symptoms"). You understand and agree that you will hold us

harmless and you will not hold us liable for any real or perceived Symptoms of COVID-19 or any other disease, illness, or condition, nor for exacerbating any existing symptoms, and you fully agree to accept all risks of entering the facility, using the equipment, working with personal trainers, attending classes, and/or interacting or being exposed to other members.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

[SIGNATURE PAGE TO FOLLOW]

Media Release

- By signing this Media Release, I authorize Longevita Pilates & Yoga Studio, LLC to use the following personal information with my name and/or likeness, including, but not limited to, the following items for which I have given permission to use (collectively “images, Audio and Remarks”):
- My picture – including pictures, photos, headshots, portraits, digital images, and video images of me.
- My voice – including sound, audio and video recordings.
- My written remarks – including interviews, quotes, and written testimonials.
- I give you the full right to use, edit, alter, exhibit, publish, reproduce and distribute my images, audio and remarks in any and all media, marketing, advertising, promotional and/or business communications, including, but not limited to, e-newsletters, blog posts, social media, books, e-books, seminars, webinars, trainings, conferences, case studies, website content, membership sites, promotional and sales pages, paid products and services, opt-in gifts, cable and broadcast television, brochures, and other electronics and print media. I understand that this permission shall continue forever.
- I further grant you the full right to edit, give, sell, transfer, and exhibit the images, audio and remarks, or any reproductions, however you see fit. I waive the right to inspect or approve any edited, unfinished, or finished product. I understand and agree that any images, audio or remark using my name and/or likeness created or originated by you will become your sole property to whom I grant an irrevocable perpetual and royalty-free license to use it, but I retain my ownership rights to the original work. I understand that the image, audio and/or remark will not be returned to me.
- I hereby hold harmless and release and forever discharge you from all claims, demands, and causes of action which, I my heirs, representatives, executors, administrators, or any other persons acting on my behalf have or may have by reason of this authorization, including any reasonable expectations of privacy or confidentiality with respect to the images, audio and remarks.

[SIGNATURE PAGE TO FOLLOW]

Studio Policies and Information

- It is a good idea to arrive 15 minutes early for your FIRST class or session to complete the registration forms.
- To book private session, price of our introductory package must be made in full. See our website for rates and details.
- All private and semi-private sessions are by appointment only. Appointments may be made in person or over the phone.
- All classes and private sessions must be scheduled in advance.
- To reserve a class, please use our Wellness Living scheduling system either online or you can use the Achieve app by Wellness Living which you can download from your app store.
- Please bring your own mat to all classes except for the Pilates Reformer classes.
- It is recommended to wear grippy socks for all classes. They are available for purchase at the studio.
- Students practicing Pilates before pregnancy can safely continue through pregnancy with permission from their physician.
- Please refrain from using perfumes before you come to the studio. Many people are sensitive to fragrances.

- As a courtesy to all participants cell phones should be turned off or set to silent in the studio to minimize disruptions.
- Admittance into a group class will be considered on a case by case basis for children under the age of 14.
- Ensuring a safe and effective form of physical activity is our primary focus at Longevita. Our instructors may suggest continued private/semi-private sessions if it is felt that a group class is not the appropriate setting based on ability and medical conditions. Our instructors reserve the right to refuse admittance into a group class if they feel safety will be compromised.
- Longevita is a host site for STOTT PILATES® training and Yoga training. Apprentice instructors may fulfill educational requirements by observing instructors working with clients. If you are uncomfortable about having an instructor-in-training observe your session, please let your instructor know.
- Longevita Pilates & Yoga is a place of focused energy and tranquility. We ask that you please respect the privacy of other students who practice yoga in our calm and peaceful studio.
- Please arrive 5-10 before scheduled class.
- Use your best judgment regarding talking before classes. It is usually acceptable to chat before Pilates, TRX, or barre. Generally, we ask that you refrain from conversations before yoga classes.
- A light snack is ok before class. Generally, you may not want to eat two-hours before hot/warm yoga. Please stay hydrated; water is available at the studio to purchase. You may bring your own water bottle to fill up we have a water fountain.
- Wear comfortable clothing that you can move freely in. Please leave your shoes at the designated place. We want to keep the studio as clean as possible.
- For all classes except for Pilates Reformer, please bring your own mat. If you do not have a mat or towel, rentals are available starting at \$5.
- Please try to leave your valuables at home. We have various areas where you can store your belongings, but we cannot promise their safety.
- Lockers are available for your use. Please bring your own lock, as locks are not provided at the studio.

Membership Terms and Conditions

- **Membership Perks**
 - Discounts on retail and workshops
 - Ability to attend as many classes as you want.
 - 5 Guest passes per year to share with friends and family.
- **Membership Terms**
 - By signing up for a membership at Longevita, you are agreeing to pay the amount per month for the minimum commitment of 3 months via automatic payment on a credit card or withdrawal from a bank account. After the minimum commitment is reached, the membership will automatically continue a month-to-month basis. You are also agreeing to the following terms:
 - **Payment Date:** The payment will run on the same date of the month each month as your original purchase date.
 - **Termination:** Memberships can be terminated any time after the initial 3-month commitment is reached by completing the Membership Hold or Cancellation form located at the studio. We must receive the form within 14 days of your autopay draw date or your cancellation may not take effect until after your next billing cycle. We require 14 days' notice for all cancellation for processing time.
 - **HOLD/Suspensions:** Memberships can be placed on hold after meeting the required 3-month commitment by completing the Membership Hold or Cancellation form. Memberships placed on hold cannot be used during that time. The billing period does not change. Once the membership has resumed, the dates used until the next period payment are added to the next scheduled bill. Memberships can be suspended for various occasions, such as, surgeries, vacations, etc.
 - **No sharing, exchanging, or refunds of memberships.** All sales are final.
- **Referral Program**

- As a token of our appreciation, we are thrilled to offer all our clients a loyalty/rewards program to say Thank You for choosing Longevita. To show our appreciation to our clients we reward our clients for attending classes, private sessions, and workshops, WE LOVE REFERRALS! For each friend or family, you refer to Longevita ... you will receive Reward Points.
- Our Rewards program is our way to show you that we appreciate you as customers and if you are dedicated to your fitness and wellness practice...not only will your effort give back, we will give back as well.
- **Member Referral Card:** Take 15% off a 10-Class Pass or Membership when presenting one of our referral cards on your first visit – offer valid one time only to NEW clients; offer not valid with new client specials. The referring member receives 33% off their next monthly membership.
- **Class Pass Referral Card:** Take 15% off 10-Class Pass or Membership when presenting this card on your first visit – offer valid one time only to new clients; offer not valid with NEW client specials. The referring member receives 3 additional FREE classes on their current class pass.

Refunds

- We do not offer refunds on new client specials, memberships, classes, private/semi-private sessions, workshops, retreats, or events.
- No sharing of memberships.
- **Class Schedule:** All prices, services and hours of class schedules are subject to change without notification.

Cancelling and Rescheduling Policies

- Our time is valuable. To honor the commitment that each of us has made to your appointment or class we have a cancellation policy in place. This is to minimize disruption to our clients and as a courtesy to our instructors who are compensated on a per client/class basis. Keep in mind that if you book for a session or reserve a class, we turn others away and if you don't show up, they miss out.
- **12-hour advance notice is required to change or cancel an appointment (private or semi-private session) without charge.** Appointments may be cancelled by phone or directly with your instructor.
- We have limited space for our classes. We require a cancellation within 2 hours of class start time or you **MAY** be subjected to a \$10 fee for membership purchases or a class may be deducted from you package. Please cancel online or call the studio.
- **In the event of an instructor must cancel a class,** we will make every attempt to cancel with at least 24-hour notice. Students that wish to attend a class should sign-up in advance; this enables the instructor to know you wish to attend and to contact you for any reason. Longevita reserves the right to cancel any class due to an emergency.
- **Please check our website and/or our Facebook page often as we post class cancellations, etc.**
 - **Website:** <https://longevitapilates.com>
 - **Facebook:** <https://facebook.com/LongevitaPilates>
- Both parties in a scheduled semi-private session are responsible for canceling the appointment with 12 hours' notice. If just one of the participants in a semi-private package purchased.
- All pre-paid sessions are fully transferable with 24-hour notice but are not refundable. Students may apply the price of a pre-paid session towards another class or session or allow a friend or family member to use a pre-paid session.

Inclement Weather Policy

- Unless otherwise notified, the studio will be open. Always check the online web scheduler and /or our Facebook page (<https://facebook.com/LongevitaPilates>) for any class cancellations or studio closure.
- If weather conditions prevent you from attending your session or class, please call (253-249-7456) or email the studio (info@LongevitaPilates.com) or cancel your class in our online scheduler.
- We will do everything possible to accommodate you in the case of school closings and/or icy conditions.

I have read the above policies and waivers. I fully understand and agree to the above policies and waivers.

I certify to the best of my knowledge the above information (including previous pages of this document) I have provided is true and accurate. By voluntarily and knowingly signing below, I am acknowledging that, among other things, I have carefully read this entire release and waiver, medical waiver, media release and Longevita Pilates & Yoga Studio's policies and understand its terms without reservation and, accordingly, my Relatives and I are waiving substantial legal rights.

[SIGNATURE BELOW]

PARTICIPANT'S SIGNATURE

DATE

PARTICIPANT'S PRINTED NAME

SIGN HERE ONLY IF PARTICIPANT IS UNDER 18:

SIGNATURE OF PARENT/GUARDIAN

DATE

PRINTED NAME OF PARENT/GUARDIAN