



Medical History

Check those that apply:

- Recent illness, hospitalization or surgical procedure
- Heart attack, coronary bypass, cardiac surgery, stroke
- Abnormal resting or stress ECG
- Uneven, irregular, or skipped heart beats (including a racing or fluttering heart)
- Abnormal blood lipids
- Family history or coronary or other atherosclerotic disease prior to age 55
- Diabetes Mellitus
- High Blood pressure
- Phlebitis Emboli
- Pulmonary disease (asthma, emphysema and bronchitis)
- Rheumatic fever
- Light headedness or fainting
- Chest pain at rest or exertion
- Unusual shortness of breath
- Orthopedic problems (arthritis or any other bone, joint or muscle problems)
- Emotional disorders
- Medications
- Drug allergies
- Smoking
- Physical inactivity

Recommendations prior to exercise testing:

- Medical clearance
- Max stress test and medical clearance
- Refer to medically supervised program

Comments::



***** IMPORTANT - PLEASE READ! *****

**We require 12 hours notice of a cancellation
or you will be charged for the session.**

Attention All Unlimited package members

Any Unlimited Packet, 1 Month Unlimited you will be charged \$20 for a late cancel (less than 12 hours prior to scheduled class) or a no show.

Attention all other packages:

Any package that is not unlimited you will lose the class for a late cancel (less than 12 hours prior to scheduled class) or a no show

I agree and understand that money paid in advance to Pure Pilates is non-refundable.

Date: _____

Signature: _____