

# PILATES WITH EMMA ENROLMENT

## 2024 Classes

### Class Timetable

#### Monday Classes

Monday Classes	Time	Venue
Community Pilates	9.15-10.15am	Uphill Victory Hall
Community Pilates	9.15-10.15am	Via Zoom
Community Pilates	8-9pm	Haywood Village Hall
Community Pilates	8-9pm	Via Zoom

#### Tuesday Classes

Exclusive Zoom Pilates	9.15-10.15am	Via Zoom or Emma's studio
Exclusive (chair based)	11-12noon	Via Zoom
Exclusive Pilates	5.15-6.15pm	Uphill Small Hall
Exclusive Pilates	6.15-7.15pm	Uphill Small Hall
Exclusive Pilates	7.15-8.15pm	Via Zoom or Uphill Small Hall

#### Wednesday Classes

Community Pilates (recorded for on-demand class members)	9.15-10.15am	Via Zoom
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#### Friday Classes

Community Pilates.	9.30-10.30am.	Uphill Victory Hall.
Community Pilates.	9.30-10.30am.	Via Zoom

### Dates for your Diary; 2024/2025

There will be No class:

Christmas Break 24th Dec-6th January

## Membership Details

**Tuesday Exclusive Pilates sessions.** Exclusive Pilates classes held in Emma's home studio or via Zoom, for up to 6 members. **This membership entitles you to 1 weekly exclusive class, zoom access to all community classes and online membership.**

**1 Year membership:** £396 paid once a year (1 month FREE)

**Monthly:** £36 paid at the start of each calendar month (£10.05 per class for 43 weeks of classes)

**Weekly:** £15 must be booked in advance.

**Face to Face Community Classes** Monday 9.15am at Uphill Victory Hall, Monday 8pm at Haywood Village Hall, or Friday 9.30am at Uphill Victory Hall **This membership entitles you to 1 weekly Face to Face Community class, zoom access to all other community classes & online membership.**

**1 Year membership:** £330 paid once a year. (1 month FREE)

**Monthly:** £30 paid at the start of each calendar month (£8.50 per class for 43 weeks of classes)

**Weekly:** £12.50

**Zoom Community Membership** Monday 9.15am, Monday 5.30pm, Wednesday 9.15am & Friday 9.30am. **This membership entitles you to join any of the Zoom community classes and online membership.**

**1 Year membership:** £264 paid once a year. (1 Month FREE )

**Monthly:** £24 paid at the start of each calendar month (less than £6.70 per week for 43 weeks of classes)

**Weekly:** £10

**Online Membership** classes are recorded regularly and added to our catalogue of pre-recorded classes. Workout as many times a month as you'd like. **£5 per month gives you unlimited online access.**

**Private Pilates Sessions** One to one private sessions in Emma's home studio or via Zoom. **5 week course costs £175 or £40 per session.**



Places are reserved on a  
strictly first come first  
served basis.



I would like to enrol on the following course:

Tuesday Exclusive Membership. Time.....	£396 yearly or £36 per month
Face to Face Community Membership	£330 yearly or £30 per month
Community Zoom Membership	£264 yearly or £24 per month
OnDemand membership	£5 per month

I have paid by BACs/cash/cheque made payable to Emma Duffill.

BACs details: Name; FitCom Account No. 43261110 sort code:09-06-66.

## Enrolment details

Name:.....

Address:.....

Postcode:.....

Phone no. ....

Email .....

### Physical Activity Readiness Questionnaire

Has your doctor ever said you have a heart condition and that you should only perform physical activity recommended by a doctor? Yes/No

Do you feel pain in your chest when you perform physical activity? Yes/No

In the past month, have you had chest pain when you were not performing physical activity? Yes/No

Do you lose your balance because of dizziness or do you lose consciousness? Yes/No

Do you have a bone or joint problem that could be made worse by a change in your physical activity? Yes/No

Is your doctor currently prescribing any medication for your blood pressure or for a heart condition? Yes/No

Do you know of any other reason why you should not engage in physical activity? Yes/No

Are you or have you been pregnant in the last 6 months? Yes/No

*If you have answered "yes" to 1 or more of the above questions, consult your physician before engaging in physical activity. Tell your physician which question you answered "yes" to. After a medical evaluation, seek advice from your physician on which type of activity is suitable for your current condition.*

I give permission for Pilates in Uphill to contact me regarding fitness events that they are running. Yes/No

I give permission for my photo to be used in marketing for Pilates in Uphill. Yes/No

Signed..... Date.....