

PILATES WITH EMMA ENROLMENT

Post-Lockdown Classes

Class Timetable

Monday Classes

	Time	Venue
Community Pilates	9.15-10.15am	Uphill Victory Hall & via Zoom
Community Pilates	7.30-8.30pm	Haywood Village Hall & Zoom

Tuesday Classes

Exclusive Zoom Pilates	9.30-10.30am	Bleadon Hill Studio or Zoom
Exclusive (chair based)	10.30-11.30am	Via Zoom
Exclusive Pilates	5.15-6.15pm	Uphill Small Hall
Exclusive Pilates	7.15-8.15pm	Bleadon Hill Studio or Zoom
Exclusive Pilates	8.15-9.15pm	Bleadon Hill Studio or Zoom

Wednesday Classes

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

Community Pilates.	9.30-10.30am.	Uphill Victory Hall & via Zoom
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Membership Details

Tuesday Exclusive Pilates sessions. Exclusive Pilates classes held in Emma's home studio or via Zoom, for up to 6 members. **£34 per month entitles you to 1 weekly exclusive class, zoom access to all community classes and online membership.**

Face to Face Community Classes Monday 9.15am, Monday 8pm, or Friday 9.30am at Uphill Victory Hall **£28 per month entitles you to 1 weekly Face to Face Community class, zoom access to all other community classes & online membership.**

Zoom Community Membership Monday 9.15am, Monday 5.30pm, Wednesday 9.15am & Friday 9.30am **£20 per month entitles you to join any of the Zoom community classes and online membership.**

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. **6 week course costs £150 or £30 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.....	£34 per month
Face to Face Community Membership	£28 per month
Community Zoom Membership	£20 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.....