

# Small Studio, GLA:D & Strength & Conditioning Enrolment Form



Bellbird Sports & Spinal  
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## Applicant's Information

First name:		Surname:	
E-mail:			
Emergency contact:			

## GLA:D, Strength & Conditioning & Small Studio Enrolment

- Clients get ongoing program progressions as they improve
- Sessions run the entire year except over Christmas / New Years
- All bookings are done online via our website: [www.sports-spinal.com.au](http://www.sports-spinal.com.au) on Mindbody page
- GLA:D and Small Studio sessions are individualised and run by a qualified physiotherapist, therefore they may be claimable on your private health insurance. Contact your health fund for further information on your eligibility.

## Medical Information

	Current Problem	Past Problem	Never	Comment
Back pain or problem*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Neck pain or problem*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Arthritis or joint problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

	Yes	No	
Recent surgery	<input type="checkbox"/>	<input type="checkbox"/>	
Asthma*	<input type="checkbox"/>	<input type="checkbox"/>	
Diabetes*	<input type="checkbox"/>	<input type="checkbox"/>	
Dizziness or history of falls*	<input type="checkbox"/>	<input type="checkbox"/>	
High or low blood pressure*	<input type="checkbox"/>	<input type="checkbox"/>	
Heart condition* (or any kind of chest pain)	<input type="checkbox"/>	<input type="checkbox"/>	
Pregnant or post-natal**	<input type="checkbox"/>	<input type="checkbox"/>	
Other medical condition*	<input type="checkbox"/>	<input type="checkbox"/>	

\* If you have a medical condition it is advisable to have a medical check-up prior to commencing.

\*\* If you are pregnant or less than 3 months post natal an additional Pregnancy Questionnaire needs to be filled in.

I agree that in the event I attend class exhibiting even minor cold or flu symptoms I will be instructed to leave.

I agree that Bellbird Sports & Spinal is in no way responsible for the safekeeping of my personal belongings while I attend. I understand that exercise sessions may be physically strenuous, and I voluntarily participate in them for my enjoyment with full knowledge that there is risk of personal injury, property loss or death. I also agree that should any medical conditions or injuries change that I will inform the physiotherapist prior to the session commencing or during the session if the change occurs during a session and complete another medical questionnaire. I will only use equipment as demonstrated by the Physiotherapist. I understand that this session is supervised by a Physiotherapist and if I choose to use the equipment without a Physiotherapist present, I do so at my own risk. I understand that Bellbird Sports & Spinal use an online booking program and I will be sent my username & password via email.

Signature \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Physio to sign (program created & patient assessed) \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

· Current clients get first priority for available places · 6 hours' notice is required to be eligible for a makeup session · Unused sessions expire at the end of the pass · Sessions & make up sessions can be cancelled & booked online · Session times and instructors are subject to change · **Remember to wear clean socks for Small Studio & Appropriate Shoes for GLAD while doing your exercise session.**



## Timetable:

### Small Studio & GLA:D

	TIME	INSTRUCTOR	PREFERENCE choose your Class and time preference here	CLASS TYPE
<b>Monday</b>	10:05am - 10:50am	Daniel Wang		Small Studio
	10:00am - 10:45am	Laura Anderson		GLA:D
	6:15pm - 7:00pm	Daniel Wang		Small Studio
<b>Tuesday</b>	11:00am - 11:45am	Laura Anderson		Small Studio
	4:00pm - 4:45pm	Laura Anderson		Small Studio
	6:20pm - 7:05pm	Laura Anderson		Small Studio
<b>Wednesday</b>	10:05am - 10:50am	Daniel Wang		Small Studio
	4:00pm - 4:45pm	Laura Anderson		Small Studio
	5:15pm - 6:00pm	Daniel Wang		Small Studio
<b>Thursday</b>	8:00am - 8:45am	Drew Barratt		Small Studio
	11:00am - 11:45am	Laura Anderson		Small Studio
	4:00pm - 4:45pm	Drew Barratt		Small Studio
	4:50pm - 5:35pm	Laura Anderson		Small Studio
<b>Friday</b>	9:00am-9:45am	Kathy Brooks		Small Studio
	10:00am-10:45am	Laura Anderson		GLA:D
	12:05pm - 12:50pm	Laura Anderson		Small Studio
<b>Saturday</b>	10:00am - 10:45am	Various		Small Studio



## Payment - Small Studio and GLA:D Classes

GLA:D 12 classes over 6 weeks	GLAD 6 Class pass	Small Studio Single pass	Small Studio 5 class pass	Small Studio 10 class pass	Small Studio 20 class pass
\$600	\$300	\$56.50	\$268.50	\$508.50	\$960.50

Total amount payable

\$	
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(You will only be charged when one of your preferred sessions has been allocated)

Cash or EFTPOS  
(Only payable at reception)

Mastercard

Visa

Amex  
(Only payable at reception)

Card number:

Card holder's name  Expiry date

Signature of card holder \_\_\_\_\_

**Refund/cancellation policy** - Please note there is a cancellation fee equivalent to the cost of one session. Only sessions after the date of cancellation are refundable.

**SHRED THIS PAGE WHEN COMPLETE, DO NOT SCAN**