

Small Studio Session Enrolment



Bellbird Sports & Spinal
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 Blackburn South VIC 3130
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Applicant's Information

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

Clinical Exercise - Small Studio Sessions

- Ideal for injury rehabilitation and prevention, pre and post natal recovery or even elite athletes
- Clients do their own individually tailored Clinical Exercise programs
- 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 on *Mindbody* page via 'Pilates Online Bookings'
- Please see 'Small Studio handout' for more info and to receive your *username & password*
- 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 Bellbird Sports & Spinal is in no way responsible for the safekeeping of my personal belongings while I attend. I understand that Clinical 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 clinical exercise medical questionnaire. I will only use equipment as demonstrated by the instructor. 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 ____/____/____



Small Studio Session Timetable & Payment

Current clients get first priority for available places · 24 hours notice is required to be eligible for a make up 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 while doing your Clinical Pilates workout.

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

Cash or EFTPOS (Only payable at reception) Mastercard Visa Amex

Card number:

Card holder's name Expiry date

Signature of card holder _____

Are you claiming from an insurance company? Y / N If yes, which fund? _____

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.

Small Studio Timetable -

Please select your preferred session by numbering in order your preference (1 is 1st priority) and the pack selected. If none of your preferences are available, we will contact you.

Please note: Payment must be made prior to booking

	TIME	INSTRUCTOR	PREFERENCE	PACK
Monday	10:00 - 10:45am	Eleanor Donoghue		
	6:00 - 6:45pm	Eleanor Donoghue		
Tuesday	10:00 - 10:45am	Elizabeth Jones		
	3:00 - 3:45pm	Laura Anderson		
	6:15 - 7:00pm	Elizabeth Jones		
Wednesday	8:00 - 8:45am	Elizabeth Jones		
	10:00 - 10:45am	Eleanor Donoghue		
	4:50 - 5:35pm	Elizabeth Jones		
Thursday	8:00 - 8:45am	Elizabeth Jones		
	10:15 - 11:00am	Eleanor Donoghue		
	11:00 - 11:45am	Laura Anderson		
	4:00 - 4:45pm	Laura Anderson		
	5:15 - 6:00pm	Eleanor Donoghue		
	6:00 - 6:45pm	Eleanor Donoghue		
Friday	9:15 - 10:00am	Kathy Brooks		
Saturday	10:30 - 11:15am	Various		

PACK One – Single session	PACK Two – 5 pass	PACK Three – 10 pass	PACK Four – 20 pass
\$48.50	\$230.50 (\$46.10 per session)	\$436.50 (\$43.65 session)	\$824.50 (\$41.25 per session)