



## Physician Release Group Classes and Personal Training

Pilates classes and personal training sessions are designed to promote good posture and spinal alignment. Participants will learn to improve awareness of their bodies' creating "conscientious" movement that can carry-over to every day activities.

Emphasis on ideal breathing, optimal spinal and pelvic alignment, with concentration on smooth, flowing movements will insure a safe exercise program. The quality of movement is valued over quantity of repetitions. Musculature is evenly balanced and conditioned, helping to facilitate enjoyment in daily activities and sports with greater ease and less chance of injury.

Each class/session will consist of full body warm-ups and mindful exercise sequences performed in sitting, supine, prone, quadruped and side-lying positions. Exercise bands, balls, small hand weights and foam rollers may be incorporated. **Participants are encouraged to bring their own personal exercise mat and a large towel to each class.**

This signed physician release form must be received prior to attending your first class/appointment.

### Physician Release Form

I have discussed the benefits and risk of exercise with the following patient:

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May actively participate in Private/Group Pilates Classes

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Physician Name (Print)

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Signature/Stamp

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Phone number

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Date: