



Shape, Rattle 'n' Stroll
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Welcome to Shape, Rattle 'n' Stroll! It is fantastic that you have decided to take a step towards a healthier you! So that we can provide you with the best possible service, you will need to fill in some details about yourself and return this form prior to your first session.

NAME: _____

ADDRESS: _____

SUBURB: _____ POSTCODE: _____

PHONE: (AH) _____ PHONE: (BH) _____

MOBILE: _____ BIRTHDAY: _____

EMAIL: _____

CHILD/REN: Name _____ DOB _____

Name _____ DOB _____

Name _____ DOB _____

Describe your fitness routine for the last 12 months: _____

What do you hope to achieve from your shape, rattle 'n' stroll training session? _____

Pricing options: Shape, Rattle 'n' Stroll group exercise classes:

Casual session \$14 per class

5 pre-paid classes \$55(equates to \$11 per class)

10 pre-paid classes \$95 (equates to \$9.50 per class)

Personal training options:

Casual session \$60 (1 hour duration)

5 pre-paid sessions \$250 (each session = 1 hour duration)

10 pre-paid sessions \$450 (each session = 1 hour duration)

Please tick a box for your payment option.

Please note: We accept cash or direct deposit for payment, please contact us for direct deposit details. Payment must be made prior to commencement of the session, or have your pre-paid card ready to be marked off. This is greatly appreciated as it helps us to keep the sessions on time and consistent for you.

Cancellation Policy: If you have reserved your place in one of our group sessions and you cannot make it then we require 1 hours notice, or payment is required. Every effort will be made to ensure that your session runs as per the details in your booking. However, Shape, Rattle 'n' Stroll reserves the right to vary session details (including time, location, format and instructor) or cancel a session entirely if necessary. Where appropriate, notice of these changes may be made via email, phone or in person. If we change a session location or cancel a session due to bad weather, bad light or unforeseen circumstances, every reasonable effort will be made to inform customers prior to the session. If you are unable to keep your scheduled personal training session for any reason, we require at least 12 hours notice or we will still require payment for that session. If for some reason we are unable to make it to your scheduled training session without giving you 24 hours notice then we will **give you a training session free of charge.**

Please note: If you are pregnant or have given birth in the last six months, then you are required to gain medical clearance from your doctor prior to attending any Shape, rattle 'n' Stroll personal training sessions or group sessions.

Physical Activity Waiver: I am aware that Shape, Rattle 'n' Stroll will involve 60 minutes of physical activity which will place stress on my muscular and cardiovascular systems. I understand that I am cautioned not to overwork my body and to do only the movement that I am physically capable of. I understand that I must be in good health to participate in Shape, Rattle 'n' Stroll personal training and group sessions. I understand that before I participate in Shape, Rattle 'n' Stroll classes that I must receive medical clearance from my doctor.

I agree to notify the Shape, Rattle 'n' Stroll instructor regarding any physical condition that I, or my child/ren, may have which could be affected by participating in Shape, Rattle 'n' Stroll. I understand that I am solely responsible for the supervision and wellbeing my child/ren at all times.

Please detail any existing condition you may have which would limit the range of activities you can perform e.g. "I've had a knee reconstruction and any running should be limited":

Print Name: _____

Signed: _____

Date: _____

Can't wait to see you there!

Kind regards,

The Shape, Rattle 'n' Stroll team