Timberlane
Physical Therapy Clinics

# PILATES CONSENT FORM

I understand and agree that there are risks, both foreseeable and unpredictable, associated with any exercise program. I am aware of these risks and agree that my participation is at my own risk. I hereby agree that neither Timberlane Physical Therapy, nor their employees, shall assume or have any responsibility or liability for expenses or medical treatment or for compensation for any injury I may suffer during or resulting from my participation in the Pilates Program. I do hereby, for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims for damages that I may have or that may hereafter accrue to me arising out of or in any way connected with my participation in this or any future programs.

I also represent and warrant that I have been advised to seek consultation from my doctor about whether I can safely participate in this program and whether there are precautions or limitations to my participation.

All pilates sessions are by appointment only and are available at our Winooski and So. Burlington locations. Timberlane Physical Therapy is now offering:

| | | |
|---|---|---|
| • Small group mat classes | | $10. |
| | 11 classes | $100. |
| • One on One Pilates | 1 session | $50. |

_____ _____

Signature Date