



## 30-minute Complimentary Pilates Introduction

### Client Information

Welcome to your free introductory session to Pilates. Please share some information about yourself so that we can better inform you of the benefits of Pilates and how they specifically apply to you.

Today's date \_\_\_\_\_

Last Name: _____		First Name: _____	
Address: _____			
City: _____		State: _____	Zip: _____
Tel. _____			
E-mail: _____			
May we send you our newsletter and special promotions information via e-mail?			
<input type="checkbox"/> Yes, please.			

How did you hear about us? \_\_\_\_\_

If referred by a friend, whom may we thank? \_\_\_\_\_

Have you ever tried Pilates before? \_\_\_\_\_

Where / When? \_\_\_\_\_

What other type of exercise do you participate in? \_\_\_\_\_

\_\_\_\_\_

Are you suffering from a recent or past injury or accident? \_\_\_\_\_

\_\_\_\_\_

**Park Meadows Pilates**  
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