

## Blue Sparrow Pilates North Beach

1441 Grant Avenue  
San Francisco CA 94133  
415.398.4425  
info@bluesparrowpilates.com  
www.bluesparrowpilates.com



# STOTT PILATES® Workshop Application

**Mail your application to:** Blue Sparrow Pilates, 1441 Grant Avenue, San Francisco, CA 94133

**Fax your application to:** 415.899.1881, please include cover page "To: Blue Sparrow Pilates"

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## 2011 Workshop Offerings

Please check the box(es) of the workshop(s) you are applying for.

Athletic Conditioning 1 on the Reformer	\$125	<input type="checkbox"/> 16 Dec 2011
Reformer Workout for Men	\$125	<input type="checkbox"/> 17 Dec 2011
Reformer for the Older Adult	\$125	<input type="checkbox"/> 17 Dec 2011
Introduction to Athletic Conditioning on the V2 Max Plus™ Reformer	\$125	<input type="checkbox"/> 17 Dec 2011
<b>TOTAL</b>	\$	

\* Sign up for 2 workshops and get \$25 off (Total = \$225)

\* Sign up for 3 workshops and get \$50 off (Total = \$375)

\* Sign up for 4 workshops and get \$75 off (Total = \$425)

## Payment

Space will only be reserved upon receipt of application and full payment.

MasterCard, VISA, AMEX, Check. Checks made payable to "Blue Sparrow Pilates".

- *Space is limited and applications will be processed on a first-come-first-serve basis.*
- *Last minute applications will be accepted if there is still space available.*
- *Prices are subject to change without notice.*

## Personal Information

Do you have any injuries, conditions or postural issues? Are you currently pregnant or have you recently given birth?

Failure to disclose any issues prior to enrollment may result in your removal from the course.

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How did you hear about STOTT PILATES and its education program?

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Do you have any STOTT PILATES or other Pilates certifications?  Yes  No

Are you using this course to fulfill continuing education credits?  Yes  No If so, for what organization?

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Are you interested in receiving further information on Blue Sparrow Pilates STOTT PILATES education program?  Yes  No

**I understand the following:**

Space will only be reserved upon receipt of all application and workshop fee(s).

Please Initial \_\_\_\_\_

**I have included the following:**

- \_\_\_ Full workshop fee(s)
- \_\_\_ Completed application

Applications that do not include the above will not be processed.

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Signature

date

**Release of Liability**

In consideration of being allowed to participate in any way in the Blue Sparrow Pilates North Beach programs and courses, and any related events and activities, I recognize the necessity of occasional physical contact with trainers, and the risks of illness and injury inherent in any physical fitness program. I am participating with the express agreement and understanding that I am hereby waiving and releasing Blue Sparrow Pilates North Beach, Stott Pilates, and its employees against all claims. I have read this release of liability and fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

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Signature

date