

This questionnaire provides confirmation that: you are **well enough to exercise**; you have **provided an emergency contact** if you fall ill during class; **we can contact you** regarding availability/changes to scheduled classes. This form will be stored securely, and should you discontinue attendance, it will be destroyed after one year. For your safety please answer the following questions and read the exercise advice provided overleaf for your screened class(es).

PERSONAL DETAILS (Please complete fully)

Title	Mr/Mrs/Ms/Miss	First Names	Surname	
Address				
Town		Post Code	Date of Birth	
E-mail			Phone	
May we contact you by e-mail or other messaging service with news about classes, events and to confirm on-line bookings?			Yes ☐	No ☐
Emergency Contact	Name		Phone	

HEALTH DETAILS (Please complete fully)

Y	N	Health Conditions
☐	☐	Have you ever had an injury or illness that you believe could be aggravated by exercise?
☐	☐	Do you have any back, spinal, bone or joint conditions that could be made worse by a change in your physical activity?
☐	☐	Have you suffered from a Heart Condition, Stroke, Palpitations, Murmurs or pains in the chest?
☐	☐	Have you suffered from high or low blood pressure, shortness of breath, or do you sometimes feel faint or dizzy?
☐	☐	Are you, or is there any possibility that you might be pregnant or are trying to conceive or are you under 6 months post-partum?
☐	☐	Have you undergone any recent medical procedure or taking any prescribed medicine?
☐	☐	Do you know of any other reason why you should not participate in a programme of physical activity?

If you have answered YES to any of the above questions or you are not sure, please consult a medical professional BEFORE partaking in any form of exercise. If no, please answer the remaining questions.

Do you currently participate in regular exercise? If yes, please state:				
How would you describe your current physical condition?				
What are the main benefits you aim to achieve from exercising (please tick)?				
Weight loss ☐	Fitness Improvement ☐	Muscle Tone ☐	Health Improvement ☐	Stamina ☐

FITNESS DECLARATION

I declare that I have read, understood and answered honestly the questions above. I confirm that I am of fit state of health to participate in such a class and do so at my own risk. Furthermore, I hereby confirm that I will adhere to common-sense guidelines for my own health and wellness and will discuss any concerns with a medical professional.

Signed

Date

Ref

mgs

powerhoop

Due to the Powerhoop's impact on the abdominal and other core muscles, some new users may experience muscle soreness or bruising in the first few days of use.

Although mild bruising is not dangerous for a healthy user, it is preferable to avoid discomfort by limiting hooping sessions to 3-5 minutes, and increasing over time.

If you are pregnant, trying to conceive, have any spinal injuries or health problems, do not use a weighted hoop without first consulting a medical professional.

During a 45 minute class, there's typically about 12-15 minutes of hooping. In a beginner class, hooping time is generally reduced.

The remainder of the class consists of Powerhoop-based aerobic activities, body conditioning and stretching exercises.

If you are participating in a Powerhoop class for the first time, we ask that you take care to ensure that your total hooping time does not exceed five minutes.

FATBURN EXTREME

Fatburn Extreme is a 20 minute bodyweight training system that incorporates functional compound exercises, activating all major muscle groups in the process as well as optimising the principles of overload.

It has been formulated with a carefully structured scientific approach.

Research has proven that 3 x 20 minute sessions of this nature per week can achieve all training goals, sport specific or otherwise.

The effects are felt and the results are fast.

The training concept can be delivered one-on-one, in small groups, or in larger class environments. No equipment is necessary, little room is required and it only takes 20 minutes to deliver. Realistically, you could do this in your lunch hour and still have time to shower and eat!

vortex

vortex uses a combination of bars, plates, weights, dumbbells, bench and resistance bands throughout each session.

The format is quick paced with a short rest between each track, thereby keeping the participants active throughout and ensuring that the effects of each session keep on working hours after the session ends.

Always start the pulse raiser with your lightest bar weight which could be the bar alone without weights.

Increase your weight for lower body work. Keep it lighter for any bench work and upper body work (biceps, triceps, overhead presses).

orbital

A 45 minute workout; orbital is a Precision Cycling workout, led by a qualified Level 2 Group Indoor Cycling instructor.

Also available as a 30 minute workout, orbital-lite includes all of the elements of an orbital workout but condensed into a shorter session for those with busy lifestyles.

The Precision concept is an innovative group exercise session that brings proven training techniques into your workout giving you one of the most exciting, powerful and fulfilling workout experiences on the market today.

Orbital is set to a soundtrack that varies in pace and takes you on an instructor-led cycling journey in the comfort of your own home.

It does require the use of an exercise/spin bike of which there are a wide selection to choose from, therefore do take time to select the bike that is going to maximise your workouts. Or why not dust down that exercise bike you bought during lockdown.

We cannot give out medical advice on any existing illnesses or medical conditions but do advise that as with all exercise programmes we strongly recommend that you contact your GP to seek medical advice before taking part in any exercise activity.

Fitness Class Declaration

I declare that I have read and understood the above statements relative to the class(es) I am participating in.

Signed

Date

Screened By

Date