



Client Contact Details		
Name		
Address		
Company		
Contact no.		
Email Address		
Please tick to receive info on Good Vibes via e-mail?		
Date of Birth		
Gender	M	F

How did you hear about Good Vibes?

Do you currently exercise? If you do please give details.	
How often do you the above?	
Please note Power-Plates does not give you a cardio workout so we recommend you follow a cardio regime at least 3 times a week. This could be as simple as walking for a fast pace for an hour – if you build activity into your daily life it's easier to stick to it.	

Health Questionnaire

If you suffer from the following conditions it is not advisable to exercise using Power-Plate machines:

- Fresh wounds as a result of surgery or outpatient procedures
- Serious heart and/or cardio vascular disease
- Recent hip or knee replacements (implants)
- Pregnancy
- Acute hernia, discopathy, spondylolysis
- Severe Diabetes
- Epilepsy
- Tumours
- New inflammations
- Acute migraine
- Pacemaker
- IUD fitted within the last 3-4 weeks
- Any recently fitted metal pins, bolts and/or plates
- Acute Thrombosis conditions

Please tick here to confirm that you have none of the conditions listed above



Please read the following questions carefully and answer each one honestly. Take your time and make sure you understand each question before you answer. If you have any questions please ask for advice.

Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?

Yes No

Do you feel pain in your chest when you do physical activity?

Yes No

In the past month, have you had chest pain when you were not doing physical activity?

Yes No

Do you lose balance because of dizziness or do you ever lose consciousness?

Yes No

Do you have a bone or joint problem that could be made worse by a change in your physical activity?

Yes No

Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or a heart condition?

Yes No

Have you had major surgery (such as on the heart or back?) If yes, please give details.

Yes No

Do you know of any other reason why you should not do physical activity?

Yes No

*I understand that it is my responsibility to inform Good Vibes of any prior or current health condition that may affect my training on a Power Plate machine. I should also let the instructor know if I have **knee, hip or back problems** and let them know immediately if I start to feel faint or dizzy.*

By signing this consent form I acknowledge that I have read and understood this form. I accept that there is risk associated with all forms of exercise either during or after. I take full responsibility for my own health and wellbeing. I will not hold Good Vibes fitness or associated staff, liable for any injury, loss or expense suffered as result of my participation in the sessions.

Signed: _____ Date: _____



Informed Consent

Please read and sign this form prior to taking part in training programme with Power-Plate.

Explanation of a Power Plate training session

The session will consist of activities that are designed to gradually improve the efficiency with which the body functions, although no guarantee of improvement can be made. Exercise levels will be progressive and will be regulated by the trainer. During the session, and for a period after, you may experience local muscular soreness and slight fatigue, these minor discomforts should disappear within 48 hours.

Risks and discomforts of Power-Plates training sessions

The reaction of the body to such activities cannot always be predicted. There exists the risk of certain changes occurring during or following exercise, these include abnormalities of blood pressure, heart rate or in rare instances, cardiac complications. Should you feel unwell or unsure please let the trainer know immediately. Every effort will be made to avoid any adverse reaction. Your trainer is qualified in emergency resuscitation (CPR), is aware of the emergency procedures and will minimise the risk of unexpected events, should they occur. A doctor will not be present during these sessions.

Confidentiality

All information acquired during Power-Plate training sessions will be treated as privileged and confidential.

Enquiries

You are free to stop the session at any time. Please make sure that before signing this form all your questions have been answered. Take as much time as necessary to think it over and if you wish, discuss your participation with your doctor.

Terms & Conditions

- Good Vibes prices are subject to change.
- All sessions and courses are **valid for 6 months** from purchase. The expiry date can be extended at a charge of £20 for an additional month.
- Sessions are **non-refundable** and **non transferable**.
- If you cannot continue a course for a permanent medical reason, we will require a letter from your Doctor and your course will be refunded minus the sessions you have already completed which will be charged at the full single session fee including any free sessions given. In cases of pregnancy, the sessions will be extended to 18 months from the date of purchase.
- The general sessions are intended for those who are fully able to keep can keep up with the pace of a class situation.
- All clients are subject to a consent form and are required to tell the instructor of any injuries prior to the class starting. Good Vibes accept no responsibility for any client who does not follow the instructed class or has not disclosed medical conditions or recent injuries.
- Good Vibes reserve the right to refuse admission/membership.

Cancellation Policy

Please note we require at least **24 hours** notice for all **cancellations and re-schedules** otherwise the single session fee is payable or if you are on a course, one class will be automatically deducted. We do accept answer phone messages and emails to cancel sessions if you would like to cancel out of studio hours.

Trial sessions

Free trial session is intended for **NEW** clients only - those who have never been to a Good Vibes studio. The booking is subject to availability and filling out the consent form. Clients must be fully able to join a class situation. The free trial is strictly one per person.

By signing this form you are agreeing to the Good Vibes Terms and Conditions.

Client: _____ **Date:** _____

Good Vibes trainer signature: _____



Customer copy

The basic guidelines for training on the Power Plate

Always check the contra-indications before starting any training programme.

Never exercise without proper instruction from a qualified Personal Trainer – he/she will gladly answer any questions you may have.

Before training make sure you drink enough water or isotonic sports drink to ensure you are sufficiently hydrated.

In order to achieve best results train two or three times a week on the Power-Plate, try to allow 48 hours between sessions.

Do not increase training intensity before performing each level of the schedule at least ten times.

Ensure you keep your body weight mainly on the front part of the foot.

Do not use the Power-Plate with straight legs.

Do not over-extend the joints.

Do not hang onto the handle bars to keep your balance – use them only to keep your equilibrium.

Avoid skin contact with the training surface (base plate).

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Full terms and conditions can be found on the website: www.goodvibesfitness.co.uk