

Princeton Fitness & Wellness
at Plainsboro

An Affiliate of Princeton Medical Center

Pilates Introduction Session

Name: _____

Preferred Phone Number: _____

Email: _____

Are you a Member?

Yes No

Have you practiced Pilates before?

Yes No

Are you experiencing any health concerns or had recent surgery? If so, please explain:

Benefits of Pilates

It doesn't matter if you are young or old, fit or out of shape, flexible or not, Pilates is one of a handful of exercises which can benefit everyone. Please read the list of benefits that Pilates offers below and check which ones you are interested in (Please check all that apply).

Get core strength and a great backside

Assist in reducing back pain

Improve your posture

Full-body strength training with little to no pressure on your joints

Boost your mental health and improves focus and concentration

Improve your sports performance

Increase your flexibility

Improve your blood circulation and blood pressure

Improve your body awareness and reduce likelihood of injuries

Better spinal health & strength

Lengthening and toning of muscles

Pre and Post Natal Exercise

Assist with weight loss

Reduce stress and anxiety

Boost your stamina

Increase your energy level

Learn how to move efficiently

Help with recovery from injuries

Improve your sleep

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Pilates Introduction Session (Continued)

Is there something else you would like to work on?

Your Lifestyle

What is your occupation?

Does your job/lifestyle involve any repetitive movement or prolonged sitting or standing? If so, please explain:

What other sports and hobbies are you involved in?

Why have you decided to explore Pilates Reformer?

What days/times are you looking to add Pilates into your routine?

Thank you for taking the time out of your day to share in our passion for Pilates Reformer and all of its many benefits. The above information will help us tailor the most appropriate Pilates program for you.
Have a wonderful session!