



- cash    check    charge
- water    rental    other
- drop    week    other

**First:** \_\_\_\_\_ **Last:** \_\_\_\_\_ **M. Initial:** \_\_\_\_\_

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

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

**email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **B-Day:** \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**I have read the back of this card and agree to follow the studio rules!**

**Sign:** \_\_\_\_\_

## Important!

*Please let us know if you have any injuries, recent surgeries, or any special medical needs.*

- Pregnant
- Diabetic
- HBP
- Heart Condition
- Spinal
- Seizures
- Knees
- Muscle Pull
- Other \_\_\_\_\_
- None! I'm invincible!

### Practiced before?

- Hot Yoga
- Power Yoga
- Other Yoga

I understand and agree to abide by the following rules:

1. I have been examined by a physician within the past year and have been found to be in good physical condition and fully able to exercise without risk of injury or impairment.
2. I have described to the instructor any and all physical conditions, medications, or factors that might impact my ability to perform the poses taught by the instructor.
3. I assume full responsibility for any injury sustained during or after my practice and agree to indemnify and hold harmless and employee, owner, or associate of Red Hot Yoga.
4. I agree to faithfully follow the instruction provided to me by the staff of Red Hot Yoga and agree to follow all rules and regulations as set forth by Red Hot Yoga.

And in layman's terms: I understand that I need to follow the instructions provided by the staff at RHY to keep me safe and to make sure I have an awesome class! I understand not to do different poses than instructed, or to try and invent my own poses. I understand that I need to be courteous to the other clients and to the staff. I understand that the class must start promptly at the time advertised and that late arrival cannot be admitted (but you can swing down to Eclipse de Luna...just saying). And finally, I understand that there is just not enough room on this card to cover every freak-deaky point that could possibly come up, so I'm just going to use common sense and go by the guidelines outlined above. Now, let's do some yoga!

No reservations needed!

Bring a mat, towel, water, and a sense of adventure! (If you need the mat, towel or water, we've got you covered. If you need a sense of adventure, well, you wouldn't have read this far, so no worries. heh)

Try to arrive about 15 minutes early, and prepare for awesomness.