

Polestar Pilates Instructor Course Registration Form

Mr [] / Ms [] _____ **DOB:** _____
First Family

Tel: _____ **HP:** _____ **Fax:** _____ **E-mail:** _____

Address : _____ **Postal code:** _____

Profession: _____ **Fitness Qualification(s):** _____

Have you had any previous Pilates/Gyrotonic® experience or training ? Yes [] No []

If Yes, please give details: Polestar Course(s)/Other Pilates Courses/Gyrotonic Training/ Pilates training in a studio-Fitness Club/Other

Details: _____

Referred by: _____

I wish to register for the following course(s):

COURSE	Please tick	DATE	Payment & Registration Deadline	Fee (US\$)	Venue
Principles of Fitness/Rehab PF		Feb 20-21	6 Feb	\$600	Focus Pilates Studio
Principles of Fitness/Rehab PF		April 25-26	11 April	\$600	Focus Pilates Studio
Studio/Rehab 1 – S/R1		April 2-3	19 March	\$700	Focus Pilates Studio
Studio/Rehab 2 - S/R1		May 1-2	17 April	\$700	Focus Pilates Studio
Studio/Rehab 3 - S/R1		June 26-27	12 June	\$700	Focus Pilates Studio
Studio/Rehab 4 - S/R2		Aug 1-2	18 July	\$700	Focus Pilates Studio
Studio/Rehab 5 - S/R2		Sept 12-13	29 August	\$700	Focus Pilates Studio
Studio/Rehab 6 - S/R2		Oct 16-17	2 Oct	\$700	Focus Pilates Studio
Studio/Rehab Phase 1 Package		P-F,S/R,1,2,3	6 Feb	\$2,300	Focus Pilates Studio
Studio/Rehab Phase 2 Package		S/R 4,5,6	18 July	\$1,550	Focus Pilates Studio
Full Studio/Rehab Package		P-F,S/R,1,2,3,4,5,6	6 Feb	\$3,700	Focus Pilates Studio
Total				US\$	

- **Installment Plans-** Installment plans are available for packages only, please contact info@focuspilates.com.sg for more details.
- **Exams:** Exams are usually scheduled 3-6 months after your last course. Studio/Rehab Phase 1 exam is only recommended for those only doing Studio/Rehab 1-3.
- The exam fees are not included in the series package.
- Certification for course is offered by Polestar Education llc. Please refer to www.polestarpilates.com for more details.

TERMS & CONDITIONS:

1) Registration Fee and Deadlines

To reserve a place in the courses/exams, a deposit of US\$200 cash together with the registration form must be sent to Focus Pilates. Course fees must be paid in full at least 3 weeks before the first day of the courses/exams to 'Iso Fit' (on behalf of Polestar Pilates Inc) by TT or credit card payments (payment form attached), registration can be done online www.polestarpilatesasia.com . Focus Pilates collects only US\$ cash in Singapore on behalf of Polestar Pilates Asia.

When your full or deposit payment for a single unit or full series is received, we will send a copy of the **Polestar Pre- training course material** to you (applicable for PF- Principles of Fitness only). Please ensure that you become familiar with this material and have a good basic level of knowledge and understanding of human Anatomy and Biomechanics before the start of the courses. Registration will be on a first come, first served basis. The course fee includes instruction, a manual, light refreshments and a certificate of attendance.

2) Cancellations, Refunds and Schedule Changes

- Registration may be cancelled up to 30 days before the course/exam date. Deposits will be returned with a deduction of a non-refundable deposit of US\$100/unit. There will be no refund for cancellations 29 days or less before the date of the first day of the course/exam. Polestar Pilates Asia reserves the right to cancel any course/exam. In this event the fees paid will be refunded in full. Polestar Pilates Asia reserves the right to reschedule any courses/exams provided that at least 21 days notice is given.
- Amendments may be made to a package of courses/exams as long as:
 - A full 30 days notice of any change is submitted by e-mail or fax to Focus Pilates.
 - Rescheduling for the course/exam is done at least 30 days before the course/exam.

3) Satisfaction Guaranteed

If you are not satisfied by the end of the first day of the course, we will refund the fee, no questions asked. All course materials will remain the property of Polestar Asia (manuals, videos, log books, etc). Participants must attend the full first day to qualify for the Satisfaction Guaranteed Policy.

Note: Participants must notify the course instructor and return all course materials at the end of the first day in order to be eligible for the refund.

4) Disclaimer

Polestar Education llc, Polestar Pilates Asia, Focus Pilates and all staff related to the above course and entities will not be held liable for any loss of property or life, injury or inconvenience accredited to or from participating in or intending to participate in, before, during or after the course. It is the participant's duty to ensure they are of adequate health and physical, mental and financial preparation to embark on this course of study. If you have doubts, please contact the Polestar representative and discuss before committing.

5) Additional Training

Please note that becoming a qualified instructor through Polestar is more than just completing the courses. If you wish to do the qualifying exam you will need to accumulate observation and assistant teaching hours in order to gain the experience necessary. Please visit www.polestarpilates.com for more info or call Focus Pilates. These hours can be gained from Polestar Pilates Mentors who are available to assist you . Please note that some additional cost maybe incurred for any additional training.

I have read and agree to the above.

Name: _____ **Signature:** _____

Date: _____

Remittance Instructions

Iso Fit acts as collecting agent for Polestar Pilates Asia Inc.
Please make all payments to: **Iso Fit**

For payments settled in Hong Kong:

Course payment can be made by cash, cheque or credit card (Visa, Mastercard, Amex) at Iso Fit studio or transfer to HSBC current account under name **Iso Fit**, account Number: 500-434261-001.

(Please send email to david@polestarpilatesasia.com when transferring).

For payments settled from outside Hong Kong:

1. Telegraphic Transfer.

Bank: HSBC

Bank Address: 1 Queen's Road,
Central, Hong Kong.
Swift code:HSBCHKHCHKH

Beneficiary name: ISO Fit

Account number: 004-808-120950-838

(Please send email to: david@polestarpilatesasia.com when you make your remittance-Thank you)

2. By Cheque

This form of payment can only be made if it's a US\$ account, please make payable to ' Iso Fit' .

3. By Credit Card (Master Card and Visa Card only)

<p>Please Print Clearly: Complete, Sign and Fax to: +852-2869-6903</p> <p>To: Iso Fit</p> <p>Please debit my credit card (Master/Visa only) for US\$_____ .00</p> <p>In words: US\$_____</p> <p>For: (Please describe what you are paying for)_____</p> <p>_____</p> <p>My Credit Card Details are as follows:</p> <p><input type="checkbox"/> Master Card <input type="checkbox"/> Visa</p> <p>Credit Card Number: _ _ _ _ / _ _ _ _ / _ _ _ _ / _ _ _ _</p> <p>Expiry Date: (mm/yy): _ _ / _ _</p> <p>3 Digit Security Pin: _ _ _</p> <p>Name on Credit Card: _____</p> <p>Signature as appears on Credit Card: _____</p>
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COURSE HOSTING VENUE:**Focus Pilates Studio**

20 Malacca Street

#12-00 Malacca Center

Singapore 048979

(Behind OUB center opposite Republic Plaza at Raffles Place MRT)

TIMINGS and NOTES:

- All course timings are 9.00am start and 18.00 finish.
- Lunch break is around 1pm-2pm each day, but may vary slightly.
- Refreshments (snacks and drinks) provided during courses.
- Please come dressed for appropriate exercise.

CONTACT PERSON FOR THE COURSES:

Sarah Lin

Tel/Fax: 6235 3938

Email: sarah@focuspilates.com.sg

Website: www.focuspilates.com.sg