

- 4) Malnutrition or eating disorder (anorexia, bulimia)
- 5) Twin pregnancy after week 28
- 6) Other significant condition

Should you be experiencing any of the above please sign below to indicate that you have received the all clear from your doctor to partake in a pre natal exercise class.

SIGNATURE: _____

The Mum Gym strongly recommends that you consult with your doctor before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. The Mum Gym is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

I confirm I have read and understood the above.

I agree for photos taken during class and used on The Mum Gym social media

SIGNATURE: _____