



## GREEN PILATES MOVEMENT STUDIO

### Terms and Conditions of Use

- Classes must be pre booked
- Pay as you go classes can be paid for before the session.
- Monthly passes must be paid for at the beginning of the month or before the first class you attend that month.
- In instances of national emergency or local lock downs Green Pilates Movement Studio has the right to close without notice and/or limit usage to classes.
- The Annual Membership is non-refundable

### Cancellation and non-attendance of bookings

- We ask you to inform us if you are not able to attend a booked class within 6 hours of the class starting. Those who give less than 6 hours' notice will **not** receive a refund for pre-paid classes or given a class credit for monthly passes.
- If you pay for a monthly pass and are not able to attend all your sessions, we may be able to book you into a different class but only if there is space, if there are no spaces you will lose the class credit.
- If Green Pilates Movement Studio must cancel a class, we will give you a class credit if you have paid in advance or booked via your monthly pass.

### Personal details

- Participants are asked to supply their email address, mobile phone number and address, this information is stored in a secure filing cabinet under the data protection legislation.
- Green Pilates Movement Studio will not pass details onto third parties.
- It is a participants' responsibility to update their personal details with Green Pilates Movement Studio should they change.
- Green Pilates Movement Studio will update customers by email, social media and website.

### PAR-Q

This is a Pre-Activity Readiness Questionnaire to help us assess the right exercises and classes for you based on your medical information. This information is shared with all the relevant instructors to make sure that they are always offering you the right levels and corrections.

If you do not wish any information shared with other instructors, please speak with Yolande directly. It is important to note that the more we know about your health the better we can help you.

All PAR-Q's are stored away safely in a locked filing cabinet and only relevant staff are able to access this information.

Please remember to inform us of any changes to your health, this includes recent injuries, changes to medication and any new diagnoses.