



GREEN PILATES MOVEMENT STUDIO

Terms and Conditions of use Green Pilates Movement Studio

Please read our Terms and Conditions (“the Terms”) carefully by signing our terms and condition you are confirming that you have read the Terms and agree to be bound by them. These Terms together with the items listed in paragraph two, below, constitute a contract between you (the client) and us (Green Pilates Movement Studio).

Introduction

All classes, private sessions, courses and workshops (collectively referred to as “Sessions” for the purposes of these Terms) provided at our premises or by us Green Pilates Movement Studio are subject to the following express Terms. In these Terms “we”/“us”/“our” means Green Pilates Movement Studio and “you”/“your”/“yours” means you, the client.

Booking classes/private apparatus sessions

Only Private, Duet and small group Apparatus session need to be booked. Bookings can be made in person at our premises with either the Pilates Teacher or the receptionist or via email or text. It is your responsibility to ensure that you have made your booking and (where relevant) submitted payment correctly.

Payment

Payment for sessions can be made at the start or end of the session and can be made by using cash, credit card or debit card at the studio or online via bank transfer, please ask for our bank details.

Changing or cancelling your booking and no shows

You may change or cancel your booking, without charge, up to **24 hours** before the start of the Session that you have booked for. If you book onto a Session within 24 hours of its scheduled start time, there is no entitlement to change or cancel. You may change or cancel a Session booking by phone/text, e-mail, or in person at the studio.

Those who give **less than 24 hours’** notice will be charged for the full session as the teacher will still need to be paid.

If we cancel your booking

In the event that we cancel a Session that you have booked, we will make reasonable efforts to contact you by email or telephone to let you know. We will offer you the choice between:

- i. Refund you if you have pre-paid or give you a session credit
- ii. being transferred to another equivalent Session at an alternative date and time.

Price changes

We reserve the right to review and change our prices periodically.

Limitation of liability

The Company reserves the right to make alterations to the sessions, Teachers and/or equipment provided to Clients, without notice and in its absolute discretion.

The Company accepts no liability for loss or damage to property of Clients or for injury to Clients on the Studio premises or outside the Studio except insofar as such loss, damage or injury is by law incapable of exclusion.



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In consideration of their participation in the activities and programmes of the Company and the use of facilities and equipment owned and/or under the control of the Company the Clients hereby waives and releases the Company from any and all responsibility or liability for injuries or damages resulting from their participation in any of the Company's activities or use of the Company's equipment or facilities save in respect of death or personal injury caused by the negligent act or omission of the Company.

Personal belongings

Personal belongings are brought onto the Studio premises at the Clients own risk and the Company does not accept liability for any loss or damage whatsoever to such items.

Dress code

Clients are requested to wear a form of dress appropriate to the practice of Pilates and other classes. We recommend that Clients wear stretch bottoms or shorts, a T-shirt or sports top, socks are optional, however we do recommend socks with grip soles.

Safety

- Clients must use the main entrance to the Studio when entering or leaving the Studio. Fire exits, which are clearly marked, are there in the interests of safety and Clients must not interfere with these exits for any reason. In the event of a fire, Clients are asked to make their way to the nearest available exit.
- Smoking is strictly forbidden in the Studio.
- Please note our studios are under video surveillance.

Personal details

- Clients 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 clients' 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 teachers 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.

By signing below, you agree with the above terms and conditions of use.

Client's Name:	
Client's Signature:	
Date:	