



Online and recording Disclaimer

Green Pilates Movement Studio classes are designed to help you reach your health and fitness goals and we are delighted to be able to offer you online and on-demand videos to help you keep going during this period of lockdown.

Information provided through Green Pilates Movement Studio Instructors does not purport to be and must not be taken as medical advice, therefore, before starting any exercise regime you should consider consulting your doctor, especially if you have any medical condition(s) or are taking medication, are pregnant or have any related concerns. If you have asthma, diabetes, a heart condition, growth condition, recovering from Covid or have experienced chest pains or dizziness in the last month, we strongly advise you NOT to participate in any of the live or video-on-demand classes which are provided by Green Pilates Movement Studio.

By joining and accessing the classes provided by Green Pilates Movement Studio, you recognise that there is always an element of risk involved with any physical activity and your attendance at or participation in any session is solely at your own risk. If at any time during a session you feel discomfort or pain, you should cease the exercise and seek medical assistance as required. Your participation in these sessions are entirely voluntary and you may opt out at any given time if you so wish.

By joining and accessing the class you agree that Green Pilates Movement Studio will not be liable to you and/or any third party for or in connection with:

1. Losses not caused by our breach of our terms and conditions or
2. Any consequential or incidental losses which are a side effect of the main loss or damage and not reasonable foreseeable by us and you at the time of entering these terms and conditions.

Before beginning you online or recording please ensure the following:

- The area around you is clear and safe with a clear floor area, no overhanging lights, or sharp edges of furniture.
- You wear appropriate clothing for the activity
- That you can clearly see the instructor throughout the class
- The instructor can see you throughout the class
- All animals or children are outside of the exercise area
- If you are feeling unwell at any time during the class, please stop immediately
- That your room is well ventilated
- You have a drink, ideally water