

# Kim Postance Pilates

## Terms & Conditions

- As a client attending the studio, and using equipment, you do so at your own risk and understand that all exercise can carry a risk of injury. You will always check with your teacher if unsure of a particular exercise or how to use a particular piece of equipment prior to starting.
- Pilates exercises involve verbal and physical cues by way of hands-on correction. Agreeing to these T&CS, means you give consent for your teacher to work in this way. If you prefer verbal cues only you must inform your teacher prior to or during your session.
- You must inform me if any medical condition has changed or if you feel unwell during session. I, as the teacher reserve the right to discontinue a session if I feel you are not physically well enough to continue.
- It is inadvisable to do Pilates between 8-14 weeks of pregnancy unless by special arrangement with your teacher. You must also receive approval to return to exercise post-natally, usually at your 6-week post-natal check-up.
- If you are attending sessions post-surgery, you must receive sign off / approval from either your surgeon or your physiotherapist that you are ready to return to exercise. Pilates exercises are very safe, but with all forms of exercise, it is prudent to consult your doctor before starting. These exercises are not a substitute for medical counselling or treatment.
- You must accept responsibility for your own body and will stop exercising if you need to for whatever reason. You must also understand that your teacher may offer you professional advice relating to your ability to exercise and that she may consider it unprofessional to continue to teach you if you do not wish to follow such advice. Exercise should be performed at a pace that feels comfortable for you. Pain is your body's warning system and should not be ignored. Please inform your teacher immediately if you feel discomfort during a session or if you feel any discomfort after a previous session.
- The teacher can accept no liability for personal injury related to participation if:
  - Your doctor has on health grounds advised you against such exercise
  - You fail to observe instructions on safety or technique
  - Such injury is caused by the negligence or another participant of the studio / class
- All fees are paid in full in advance and that there is a 24hr notice period for cancellation of a session, otherwise the full session fee will be charged.
- You must commence a 6-week programme within 10 weeks of date of purchase, otherwise they will expire.
- Other classes expire 4 weeks after date of purchase.
- By purchasing and/or attending a class you agree to these Terms & Conditions