

## **Core Control Pilates™ - Terms and Conditions**

Classes start on time so out of consideration for the instructor and other class members, please arrive five minutes before your class starts. The warm-up is an important aspect of each class and essential for your own safety.

Unless otherwise stated group matwork classes are not suitable for injury rehabilitation. Please check with your medical practitioner that you are in good health to join a Pilates class. Individual sessions may be more suitable for your specific requirements.

An online registration questionnaire must be completed. Please ensure you update your contact or medical details if they change.

Classes are not 'drop-in' but a course unless this has been previously arranged due to shift work, etc. There is a maximum of 12 people per class, some classes will have fewer.

Places in class cannot be reserved until payment is received. There is often a waiting list for places. Before the course ends you will be invited to re-enrol for the following course, however if your payment has not been received by the required date your place will be offered to the next person waiting to join.

There are no refunds for classes missed. If you cannot attend a class you can use our class swap system to find another similar level class if space is available. For this reason it would be helpful to others if you use the system to 'post' any class you cannot attend. This is not possible on the same day as your class and so not for last minute cancellations in which case you can just text us to let us know you can't make it on the day (unfortunately we can't offer class swaps for these late class absences).

Missed classes cannot be carried over to a future course or term or applied against private lessons.

In the event that we have to cancel a class that you have booked, you will receive a full refund unless you have swapped out of the class in which case your swap will still be valid.

Please let your instructor know any changes which may affect your ability to exercise prior to class. Please also make sure you keep the medical part of your details updated by logging in to 'My Pilates' and then 'My Medical' on the website.

Mobile phones should be switched off or on silent during a class except in exceptional circumstances.

Bring a small hand towel & drink to class. Mats are provided but we prefer you to bring your own if possible.

Clothing should be close fitting and unrestricting rather than baggy so that the instructor can see how you are moving & help you more easily. Bare feet or socks are fine for group classes. Socks should be worn in the equipment studio for hygiene purposes.

Please remove dangly or sharp jewellery that may injure you or damage the equipment. Please also note that clothing with zips at the back have been known to cause damage to

equipment and may also 'dig in' to your back so are not suitable for Pilates and should be avoided.

24 hour cancellation notice is required for private lessons. Full payment is required if at least 24 hours notice is not given.

Participation in both group and individual sessions is at the individual's own risk. Always listen to your body and exercise at a pace and level which is best for you. Stop if you feel discomfort and let your instructor know. It is your responsibility to ensure you are capable of carrying out the exercises provided.

If you arrive late for a private session the session will not be extended and will end at the scheduled time.

Prepaid private studio sessions are valid for a 6 month period.

ALL information you provide is held in strict confidence and information is never passed to third parties.

Christine is a Supervising Instructor for Body Control Pilates. This means that from time to time a student will be present in class. These will be student Pilates Instructors who have completed their training and before qualifying have to spend time observing classes, helping correct clients alignment and teaching some basic exercises. If you have any objection to a student being present or questions please let me know as this would not be a problem at all.

Parking for all classes & events the New Body Barn is in the main car park rather than at the front of the building to avoid congestion in the courtyard and allow for deliveries. This also applies to evening classes when we request you avoid parking in front of the metal gates if they are open. The main car park at the far end will be lit at night but you may find a torch is also useful. All parking is at the owner's own risk.

These terms and conditions may be subject to change from time to time without notice.

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