

Coastal Core Pilates

Terms & Conditions

Please read these Terms and Conditions carefully before using the services of Coastal Core Pilates. By completing registration, you confirm that you understand and accept these Terms and Conditions (as per the signed Client Registration / PARQ / Waiver form). If you do not agree, please do not proceed with enrolment or use of our services. Many thanks.

Registration, Bookings and Payments:

- Clients must have booked and paid in advance of participating in a mat, chair or reformer Pilates session.
- Registration must be made by email (emily@coastalcorepilates.org) and payments must be made on the website booking system, by bank transfer or in cash.
- Clients must have completed the Client Registration, Physical Activity Readiness Questionnaire (PARQ) and Safety Waiver prior to participating in a class and it is the client's responsibility to update this as necessary with any changes to health conditions or annually.
- Pricing options for mat classes are either £10 for a single drop-in session or payment for a month bundle at discounted rate per class (dependent on the number of weeks in any calendar month or bank holidays) paid in advance of or at the first class of the month - for instance 4 weeks of classes in September can be paid for in a bundle at price of £35 prior to class in first week of the month. If client wishes to start attending class after the start of the calendar month then they will need to pay the drop-in rate for those remaining weeks of the month. Payment for monthly bundles of mat classes are non-refundable and non-transferable in case of absence. The purchased monthly block will exclusively reserve your space at the class for the calendar month and will expire at the end of that calendar month. These terms exist at the discretion of Coastal Core Pilates and requests for exceptional circumstances need to be discussed on a case-by-case basis with instructor Emily.

Class timetable:

- The class timetable is subject to change. If a change is necessary, participants will be given as much notice as possible, both by email and verbally at the next class.
- Coastal Core Pilates reserves the right to cancel or reschedule classes or workshops due to low numbers, staff illness, venue problems or unforeseen events. In such cases, participants will be offered a full refund or transfer to another session. We are not liable for any travel or accommodation costs you may incur as a result.

- We are not liable for cancellations or disruptions caused by events beyond our control, including but not limited to: natural disasters, pandemics, civil emergencies, or government-mandated closures.

Conduct:

- Mobile phones and other devices must be switched to silent mode for the duration of the session. If taking a call is unavoidable, please do so outside of the room out of consideration to the flow of the class and other participants.
- Never exercise through pain, please stop and ask for help/guidance.
- Physical contact may be used for safe guidance and correction of form whilst practicing Pilates, and this will always be conducted professionally and appropriately with verbal consent. Clients must explicitly state on registration if consent is not given for hands-on adjustments or tactile cues.
- Everyone attending sessions with Coastal Core Pilates is required to demonstrate respect, equality and inclusion, with no prejudice. Anyone found to be causing harm (physical/emotional/mental) to others will be instructed to leave classes and not return at the absolute discretion of the instructor.
- Participants are required to notify the teacher of any relevant changes to their health, medication or any other condition which may affect their ability to practice Pilates safely.

Covid-19 health & safety requirements:

- There are no formal requirements but Coastal Core Pilates recommends practicing good hand hygiene and respecting the personal space of others. If you are unwell with coughs and colds please consider not attending your class to avoid the spread of viruses, and to help yourself rest and recover.

Complaints Procedure:

- Please notify Emily if you wish to complain about your experience with Coastal Core Pilates and she will aim to resolve this for you.

Pregnancy:

- All pregnant clients must complete the required PAR-Q questionnaire and if you answer 'yes' to being pregnant or up to 12 months post-natal please discuss this further with Emily as additional information will be required. This is to help Coastal Core Pilates provide a session which is safe and appropriate for your condition.
- All existing clients must inform the instructor if they become pregnant, this is to ensure exercises are modified to keep them safe as their body changes during pregnancy.
- Pregnant clients who wish to join and who have not practiced Pilates before should wait until after their 12-week scan to start classes, providing they have medical clearance to do so. New clients who are experienced in Pilates are safe to continue their exercise as long as it is modified for pregnancy.
- Post-natal clients need to be medically cleared to join or return to Pilates. Usually, this is not before 6 weeks for a vaginal delivery and 8 weeks for a C-section. You will need to discuss this with your instructor prior to participating in your first class.

Liability Waiver:

(consent gained for this during the account registration process)

- 1) I, the undersigned, hereby acknowledge and understand that participation in mat, chair and reformer Pilates classes and related activities conducted by Coastal Core Pilates involves certain risks and potential dangers. By signing this waiver, I voluntarily agree to participate in the class and assume all risks associated with my participation.
- 2) I acknowledge that I am voluntarily participating in the mat, chair and reformer Pilates class(es) provided by Coastal Core Pilates. I understand that physical exercise, by its very nature, carries with it certain inherent risks of physical injury (such as but not limited to strain, sprain, fracture) or discomfort, and even the possibility of serious injury or death. I hereby assume all risks and responsibility for any such injuries or other medical incidents.
- 3) I represent that I am physically fit to participate in the mat, chair and reformer Pilates class(es) and have no medical condition that would prevent my safe participation. If I have any medical conditions or concerns, I have consulted with a healthcare provider and obtained clearance to participate and I consent to honest and accurate completion of the PARQ form prior to participation in Pilates classes.
- 4) I hereby consent to receive any necessary medical or physiotherapy review and / or treatment resulting from my participation in the mat, chair and reformer Pilates class(es) and agree to bear all costs associated with such. I am aware that there is no obligation for any person or staff to provide me with medical care during the activity, other than emergency first aid as per staff certification and insurance.
- 5) I release and discharge Coastal Core Pilates, the venue, and/or the instructor from any and all liability, claim, demand or action that I may have relating to the loss, theft, or damage to any of my personal property during a Pilates session.
- 6) I have read this waiver, understand its contents, and agree to its terms. I confirm that the information I have provided is accurate at the time of submitting this form and that I will update Coastal Core Pilates with any relevant changes in a timely way. I recognise that this Agreement of Release and Waiver of Liability is a legal contract and that, by reading it carefully, I have complete knowledge of its contents. If any provision of this Agreement shall be unlawful, void or for any reason unenforceable, then that provision shall be deemed severable from this agreement and shall not affect the validity and enforceability of any remaining provisions.
- 7) I confirm that I am over 18 years of age and have capacity to agree to this waiver; or I am the parent / guardian of a participant under the age of 18 and with my signature I give full consent to this waiver. Clients 16years and under must be accompanied to class by a responsible adult with signed permission of their parent / guardian.