



Terms and Conditions – Simply Pilates & Stretch

Thank you for choosing Simply Pilates & Stretch (SPS). Please carefully read the following terms and conditions before signing and agreeing to them at the bottom. Please note that if the signed terms and conditions are not adhered to, SPS cannot accept responsibility for your participation in classes.

We really look forward to seeing you at class!

Ellie Foster – Simply Pilates and Stretch

- Spaces in classes are limited, and places are booked on a first come first served basis.
- To ensure you have a regular space in the class of your choice, you will be required to book in advance for the following half term's block initially. Your space will then be booked ongoing, until such time you email us to 'opt-out' of your session(s).
- Your space will only be secure once **full payment is requested via GoCardless for that half term block**, as classes need to be paid for in advance.

Payment

- All Payments are through GoCardless. Once you have signed up to GC via the link below, we can request payment from you each time for the following block. This will continue until such time as you email us to cancel your future bookings. We need 14 days notice from you to ensure we can cancel down if payments have been scheduled ahead.

<https://pay.gocardless.com/AL00026HKFHHZF>

- Unfortunately, there are **no refunds** available for any missed classes, as spaces cannot be back-filled and payments cannot be carried over to another week / month / block. Only exceptional circumstances for cancellation may be considered at Simply Pilates and Stretch's discretion.
- Once class space(s) is/are confirmed, your place in your specific class(es) is/are booked and fully paid for. This/ these space(s) are then non - transferable across the classes.
- Please note that even if you are unable to attend yourself, this also means spaces are unfortunately non-transferable to another person.

Refunds of classes

- Once a block is paid for and your place is confirmed, then unfortunately, **refunds are not available in any cases** for missed classes for whatever reason. If through extreme circumstances (i.e. an injury/ long term illness) you are then unable to continue attending the remaining SPS block classes you have paid for, please advise SPS at the earliest possible time. This is so we can ensure that we hold on to the number of missed classes paid for by you and will offset this against future block bookings for you when you are able to return. This will be done at the discretion of SPS and cannot be actioned without prior notification and consent. This is not guaranteed, and will be considered on an individual basis.



Health forms

- These **MUST** be completed by every person as comprehensively as possible and signed/dated prior to beginning a block of SPS classes. SPS **must receive these in advance** in order to discuss any confidential health issues or concerns prior to a client starting and making relevant modifications to exercises. If you attend class without a completed form, unfortunately you will not be able to take part in that session.

Changes to health form information

- Where information may change relating to injury or health data on the health form, then it is **your sole responsibility** to complete/ sign and date a new or updated form and inform SPS at the very earliest opportunity, in order that all client health info is relevant and up to date prior to each class starting.

- Where information has NOT been updated regarding health information prior to a class taking place, then **SPS cannot take any responsibility for that client's participation in class**. Once a client enters the class venue each class, then **it is their sole responsibility to ensure their own health information is up to date/ signed**, or the agreement with SPS becomes null and void and unfortunately SPS cannot take responsibility for that person's participation.

Class Cancellations by Simply Pilates and Stretch

- If a class is cancelled due to unforeseen circumstances at SPS – illness, advanced notification of temporary venue closure etc., you will be notified at the earliest possible occasion via the closed members facebook / whatsapp group. We shall then offer you the chance to make up the missed class elsewhere during the block should you wish. We now allow not only the current block, but the entire following block to make up the missed session. If this has not been possible and you still wish to request a refund you will need to email us by the end of the following block so we can deduct a class from the next payment for the following block.

Extreme class cancellation circumstances

- Where extreme weather conditions or unforeseen venue problems mean that an SPS class cannot safely take place, you will be notified by SPS by group message via the Facebook /Whatsapp closed members group at the earliest opportunity. Where possible, classes to make up those missed may be offered or an additional class added; however – where circumstances beyond SPS' control mean that the class cannot take place, then unfortunately, this may not always be possible.

Equipment:

- It is your responsibility to provide all your own equipment required for class. You will need a mat, and a small cushion / towel as essential. Other equipment such as balls, blocks weights etc can be purchased and brought to sessions. Please always bring a bottle of water to stay hydrated and wear comfortable clothing. Bare feet are preferable, although Pilates socks can be worn if required.



Swaps:

There are **no swaps available** for any sessions missed.

Thank you, and we very much look forward to welcoming you to class.

Please sign and date as below:

I have read and understood the T and C's about booking and payments and sign below to confirm this. I agree to notify SPS of any changes to my health form such as injuries, surgery, pregnancy, a new medical diagnosis immediately etc. Medical / health issues will be treated with the utmost discretion on an ongoing basis, and exercises will be modified / adapted wherever appropriate. I accept that it is my responsibility to update health information immediately for SPS and if I fail to disclose this prior to or during class, then SPS cannot take responsibility.

All responsibility for fitness is up to the individual, and if a movement hurts, or you feel unwell at any time, YOU must stop and advise the instructor. Different levels are always offered and taking a breather / stretching in between exercises / repetitions is always encouraged. In discussion with SPS, these levels can be increased as you become stronger and more able to challenge yourself, however, Pilates is about slow, controlled, and precise movements designed to strengthen your core muscles, and work the whole body, keeping the spine safe, alongside mastering breathing techniques. These principles are paramount to master prior to challenging yourself to additional levels.

I hereby agree to abide by the Terms and Conditions as laid out by SPS.

Please also confirm, by checking the box, you are happy to be added to our mailing list, whereby you will receive updates of new classes, newsletters and blog posts. You can unsubscribe at any time by sending an email to admin@simplypilatesandstretch.co.uk

Signature:

Date:

NAME (capitals):
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Simply Pilates and Stretch Contact Info

Email: admin@simplypilatesandstretch.co.uk

Website: www.simplypilatesandstretch.co.uk

Phone: 07983980269

Facebook: <http://www.facebook.com/simplypilatesandstretch>

Instagram: <http://www.instagram.com/simplypilatesandstretch>