

Pilates Mat Class – Terms & Conditions

These Terms & Conditions apply to all participants and cover every Pilates Mat Class offered by Andreea Serafim. By booking or attending any class, you acknowledge that you have read, understood, and agree to abide by these Terms & Conditions:

1. Eligibility

- Participants must be **18 years or older**.
- Classes are **not suitable** during pregnancy or within 12 weeks postpartum.
- Participants confirm they are in good health and responsible for monitoring their own physical condition.
- **If your health changes** (e.g., new injury, illness, pregnancy, or postpartum status), you must inform the instructor **before attending any class**.

2. Health & Safety

- You must inform the instructor of any medical conditions, injuries, or concerns before class.
- You are responsible for stopping immediately if you feel pain, discomfort, or dizziness.
- The instructor **may refuse participation** if there are health or safety concerns..
- Participants should **wear appropriate clothing and footwear** suitable for physical exercises.

3. Liability Waiver

- By attending, you acknowledge that Pilates Mat Class involves physical activity and carries some risk of injury.
- You agree to release the instructor and studio from liability for any claims, damages, or losses, including those caused by unintentional acts or circumstances beyond reasonable control.
- You are responsible for your own well-being during class.

4. Respect for the Facility

- Participants must follow facility rules, respect the space, and take care not to damage equipment or property.
- Any intentional damage caused may result in charges for repair or replacement.

5. Payments, Rates & Cancellations

- Full payment is required in advance, within **24 hours of booking**, to secure your spot.
- **€15/class (Pay As You Go)**
- **€48 for 4 Sessions (€12/class)**
- **Availability: Every Saturday from 20 September to 8 November**
- Payment by Revolut/Debit Card or Cash.(with invoice if requested)

Bank Transfer:

Account Name: Gina Adreea Paun

IBAN: IE69AIBK93351145078007

SWIFT/BIC: AIBKIE2D

Revolut : **@andreed579**

Cancellations:

- **Participants must notify the instructor by text message at least 24 hours before class if they cannot attend.**
- **At least 24 hours before class** → full credit or reschedule.
- **Less than 24 hours** → **payment is non-refundable.**
- If the instructor cancels, you will receive a full refund or credit.

6. Lateness & No-Shows

- Please arrive on time. Entry may not be allowed after class begins for safety reasons or no space availability.
- **No-shows or are non-refundable.**

7. Personal Belongings

- The studio/instructor is not responsible for lost or stolen personal items.

8. Changes to Terms

- The instructor reserves the right to update these Terms & Conditions at any time. Participants with a provided email address will be notified of any changes.

9. Data Protection

- Briefly note that client information (name, email, phone.) will only be used for class management and will be kept confidential.

- **Pilates Client Intake Form**

Date of Birth: _____

Phone Number: _____

Email Address: _____

Health & Background

1. Have you practiced Pilates before?

☐ Yes

☐ No

2. Do you have any current injuries, health conditions, or physical limitations I should be aware of?

3. Are you currently pregnant or less than 12 weeks postpartum?

☐ Yes - If yes, you are not eligible to participate in this class.

☐ No

4. Photo/Video Consent (Optional): Do you consent to the use of your image in marketing materials for Andreea Serafim Pilates?

- ☐ Yes

- ☐ No

Pilates Mat Class Waiver

I understand that participating in Pilates Mat classes involves physical activity and may carry a risk of injury. By signing below, I agree to take full responsibility for my health, safety, and well-being during all classes I attend.

I confirm that:

1. I am over 18 years old.

2. I have read and understood the terms and conditions provided.

3. I am physically able to participate and will stop if I feel discomfort or pain.

Name and Signature: _____

Date: _____

- Hi and welcome! Thank you for joining Andreea Serafim's Mat Pilates Class. I am happy to have you here—let's move, get stronger, and enjoy the practice together!