

Pilates Mat Class – Terms & Conditions

These Terms & Conditions apply only to classes organised and delivered independently by Andreea Serafim and do not apply to classes delivered on behalf of third-party gyms or facilities.

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 exercise.

3. Liability Waiver

- Participation in Pilates involves physical activity and carries a risk of injury.
- You acknowledge that participation is at your own risk and agree that the instructor shall not be held liable for injuries, damages, or losses arising from participation, except in cases of proven negligence.
- You accept full responsibility for your own health, safety, and wellbeing during all sessions.

4. Respect for the Facility

- Participants must follow facility rules and respect equipment and 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 per class (Pay As You Go).

- €48 for 4 Sessions (€12 per class).
- Participants must notify the instructor at least 24 hours before class to receive full credit or reschedule.
- Cancellations less than 24 hours before class are non-refundable.
- If the instructor cancels a class, a full refund or credit will be provided.

6. Lateness & No-Shows

- Please arrive on time. Entry may not be permitted after class begins for safety reasons.
- No-shows are non-refundable.

7. Personal Belongings

- The 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 changes.

9. Data Protection

- Personal information collected (name, phone, email, health disclosures) will be used solely for class administration, safety, and communication purposes.
- Information will not be shared with third parties and will be stored securely in accordance with GDPR regulations.

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?

3. Are you currently pregnant or less than 12 weeks postpartum? ☐ Yes ☐ No

Photo/Video Consent (Optional): ☐ Yes ☐ No

Waiver Declaration

I confirm that I am over 18 years old, have read and understood these Terms & Conditions, and am physically able to participate. I understand the risks involved and agree to take full responsibility for my participation.

Name & Signature: _____

Date: _____