

Mat Pilates and Reformer

TERMS & CONDITIONS

HEALTH AND SUITABILITY FOR MAT PILATES AND REFORMER

All clients for must complete a PARQ prior to attending their first class. Clients are responsible for notifying the instructor of any changes in their health or medical conditions.

Clients accept full responsibility for carrying out exercises under the guidance of the instructor.

Clients must follow the instructor's Health & Safety instructions when using equipment in the studio

IN THE STUDIO FOR MAT PILATES AND REFORMER

Suitable clothing for exercise must be worn. This should not be restrictive, or too baggy and no riveted/studded clothing is to be worn.

Please ensure that you arrive on time for each session out of respect for others in the class and the instructor.

Mobile phones should be switched off for the duration of the class.

MAT PILATES CLASSES

Blocks of Mat Pilates classes are run over 6-consecutive weeks. All blocks of classes are pre-booked and prepaid by bank transfer prior to the first class, or by cash/card on the first day of each new block.

Classes run consecutively; clients must attend once a week on a specified pre-booked day.

If clients cannot attend on the specified day, rebooking another day in that same week may be possible depending on availability. Rebooking a missed class is not guaranteed and is at the sole discretion of the instructor.

MFL Pilates Ltd does not take any responsibility for clients' failure to attend their pre-booked weekly classes, and any unattended classes will not be carried over.

To secure a place on a course you will need to pay for your block in advance.

Places in the class cannot be booked or secured without payment.

Places will be secured on a first-come first-served basis.

Please note: Courses are run subject to demand. Class numbers will be limited. There will be a minimum number of participants required to make the class viable.

MFL Pilates is unable to offer refunds due to change of personal circumstance resulting in inability to attend booked classes.

If the MFL Pilates instructor is unable to run a class due to unforeseen circumstances, your current block will be extended by the number of classes missed by the instructor, or you will be offered a refund for the missed class or classes.

Mobile phones must be switched off for the duration of the class.

REFORMER AND ONE-TO-ONE MAT PILATES CLASSES

CANCELLATION/RESCHEDULING APPOINTMENTS

A minimum of 24 hours' notice is required to reschedule or cancel an appointment. Please note that contacting us to cancel or reschedule after hours or on a Sunday does not form part of the required 24 hours' notice as the company is closed at that time (please see opening hours). **Failure to comply with the above terms will result in you being charged for your missed appointment.**

PAYMENT TERMS

Payment is due on the day at the end of the appointment. We accept cash or card payment.

GENERAL

For Reformer Pilates classes long hair should be tied back and socks must be worn for health and safety reasons.

Suitable clothing must be worn that is not restrictive or too baggy. Clothing with zips, studs or rivets are not to be worn whilst using the reformer machines.