

## **Terms and Conditions/Privacy Policy 2021**

Please ensure you are familiar with the terms and conditions before committing to a class.

**Please do not come to class if you are showing signs of any symptoms of Covid.**

Block lessons are usually between 4 and 8 weeks long. If you would like a space in the class, payment for the full block is required in advance, to confirm your space.

There are no refunds for missed classes, however If you miss a class you are welcome to attend another class, providing there is a space and this has been pre arranged with myself or it can be exchanged for a private lesson (price dependant) and if available.

If you do miss a class you **cannot** carry your classes over to a new term.

I do allow drop in sessions subject to availability. Drop-in classes must be arranged in advance and your place in a class is not guaranteed if you are attending on a drop-in class.

Booking in advance is essential. I am unable to hold spaces unless payment is received, so early payment is advised before the start of the new term. You can pay by BACS, cash or cheque.

Due to Covid guidelines, all participants are required to bring their own mats and refreshments to class.

Please ensure you arrive on time. Lateness can disrupt the class and is stressful for you and others. Allow yourself time to arrive and settle on your mat.

Private lesson cancellations are charged at 50% of the full hourly rate if cancelled less than 24 hours in advance.

In the event of myself being unable to take your class on a given day during your block, a class will be added on to the block with no extra charges. If you are unable to attend the extra class, a refund will be given for that day.

I use Mailchimp to keep in contact with you and for marketing purposes. If you are happy to receive my emails, please sign below. Please note that you are able to unsubscribe at any time.

Medical forms are not uploaded to any database and are held for 7 years within the guidelines, and are for my information only. This information is not shared and is held in a secure file.

Details of these Terms and Conditions and the Privacy Policy are available on the website, [www.waveshealthandwellbeing.uk](http://www.waveshealthandwellbeing.uk) Please ensure you have read and understood the Terms and Conditions before booking. If you have any questions regarding these options, please contact me on [waveshealthandwellbeing@gmail.com](mailto:waveshealthandwellbeing@gmail.com).

[If you have any pre existing medical conditions. Please ensure you have had authorisation from a G.P or health professional to participate in Pilates. If you have any medical issues, or are feeling unwell, please ensure you let me know upon arrival.](#)

### **Informed Consent**

In signing this document, I acknowledge being informed of the nature of the class and the

potential for physiological results including but not limited to, dizziness, loss of balance and fainting. By signing this document, I take full responsibility for all risks to my health and wellbeing and hold harmless of any responsibility, the trainer, facility or any persons involved within this class. I accept that by signing this document I am confirming that I understand the Privacy Policy, and accept that my details are held and used as laid out within it. I also acknowledge that I am able to unsubscribe from emails from Waves Health and Wellbeing at any time.

Full Name ..... Signature ..... Date .....