



Terms and Conditions of Booking/ Disclaimer

Unless otherwise stated, matwork classes are not suitable for injury rehabilitation. Please check with your medical practitioner that it is suitable for you to join/continue a Pilates class.

A private session may be more appropriate, or another form of exercise/different teacher may be more suitable. It is imperative that you have medical clearance for private sessions also.

You will need to complete an enrolment form prior to starting any live sessions.

Participation in both group and individual sessions is at the individual's own risk. Always listen to your own body and exercise at a pace and level which is best for you. Stop if you feel discomfort or unwell, and let your teacher know. It is your responsibility to ensure that you are capable of carrying out the exercises provided.

Your teacher reserves the right to teach you for whatever reason.

Sessions may be recorded, you will be told if your session is being recorded.

Sessions require 24 hours notice for any cancellation or you will be charged the full fee. There are no general refunds given although your account will be credited should you need to cancel or change your booking. Should you have any queries please contact us directly to discuss. Should a class be cancelled by us then a credit will be given to your account or full refund given.

All information you provide is held in strict confidence and not passed to third parties. These terms and conditions may be subject to change from time to time without notice.

Anyone taking part in the exercises in my classes does so at their own risk. Tracey Rich t/a Pilates By Nature does not accept any responsibility for any individual or group of individuals who may be participating in the exercises.

You must be medically fit to participate in the exercises and it is your responsibility to ensure that you are. You must listen to your own body and only participate in exercises that are appropriate for you at your own pace and intensity. Stop exercising if you feel discomfort or are unwell. If in any doubt leave the exercise out. Please seek medical advice prior to commencing any form of exercise programme.

Workouts are not allowed to be recorded from your device for future use, or shared with others and remain copyright of Tracey Rich t/a Pilates By Nature. You may not resell streams or downloads, use any video for any commercial purpose, redistribute or retransmit any

video, publicly perform or display any video, or make derivative works from any video. All rights not expressly granted herein are reserved by Tracey rich t/a Pilates By Nature.

You MUST ensure that the space you are using to follow the videos/live sessions is safe and suitable to perform the Pilates exercises. The area needs to be on a flat surface, clear of obstacles (including other persons and animals) and spacious enough to perform all movements. You will need to remain hydrated and wear appropriate clothing at all times.

Workouts using equipment of any kind are intended for clients with the necessary experience and training in their uses. If you follow these workouts and use pieces of equipment you do so fully at your own risk. I understand that my participation in live streamed/online classes are entirely at my own risk and I waiver any legal recourse for damages to myself, loss, injury or property arising from my participation. I confirm that I have read, understood and agree to this statement of responsibility.