



Terms & Conditions

1. Classes

- Pilates 4 You offers both studio and online (Microsoft Teams) classes.
- I understand that in online classes the instructor may not always be able to see me and therefore cannot correct my posture during the session.
- I understand that the Pilates 4 You class schedule may change at any time.

2. Attendance & Punctuality

- For studio classes: Each session is 55 minutes and starts and ends promptly at the scheduled time. I understand that time lost due to late arrival will not be made up.
- For group classes: I understand that classes cannot be disrupted due to late arrival; if I am late, the class will continue, and my session may be forfeited.
- For online classes: I agree to log in before class starts to avoid being locked out once the class begins.

3. Payments

- I agree that all invoices and fees are payable in advance, in full, by the due date indicated (invoiced by the 25th monthly)
- I understand that my session(s) are provisionally booked until full payment is received.
- Banking details:
Account Holder: Belinda Phillips
Bank: First National Bank
Branch Code: 250855
Account Number: 50419027400
Reference: My full name
- I understand that if my payment does not reflect in the account by the last business day of the month, my access to classes may be denied unless I have submitted proof of payment.



4. Health & Medical Conditions

- I affirm that I am in good health and have medical clearance to exercise where necessary.
- I will inform Pilates 4 You of any relevant health issues, including but not limited to pregnancy, changes in medication, chronic injuries, or new injuries.
- If at any time an exercise feels too strenuous or unsafe, I will stop immediately and only continue once I feel able.
- I acknowledge that Pilates 4 You instructors are not medical professionals and cannot provide medical advice, diagnosis, or treatment.

5. Risks & Indemnity

- I understand that all exercise carries inherent risks, including the risk of serious injury.
- I assume full responsibility for my participation and expressly waive, release, and discharge Pilates 4 You and its instructors from any claims for injury, damage, or loss incurred during classes or related activities.
- I understand that I am responsible for any damage to studio equipment beyond normal wear and tear.

6. Class Requirements

- For studio Pilates classes: I will bring my own towel and water.

7. Cancellations & Rescheduling

- I understand that a strict **24-hour cancellation policy** applies.
- Sessions cancelled with 24 hours or more notice may be rescheduled subject to:
 - Availability at Pilates 4 You
 - The session being rescheduled within the same calendar month
 - The session being rescheduled only once
 - No rollovers of sessions to the next month
- Sessions cancelled with less than 24 hours' notice are forfeited in full and will not be rescheduled.
- For ongoing sessions, I understand that one full calendar month's written notice is required to cancel permanently.
- If Pilates 4 You cancels a pre-paid session within 24 hours, a credit will be issued (no refunds).
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- **Group / Duet / Trio classes:**

- If there are not enough participants to hold the class, Pilates 4 You may either shorten the class to 45 minutes or cancel it. If cancelled, a credit will be issued.
- If one participant cancels from a duet/trio, the class time will be reduced by 15 minutes, unless the remaining client(s) agree to convert the session into a full-priced duet/private.

8. Agreement Validity

- I agree that this document constitutes the entire agreement between myself and Pilates 4 You.
- I agree that any changes or amendments must be in writing and signed by both parties.
- I understand that non-return of this agreement does not exempt me from these Terms & Conditions.

Signed:

Witness:

Name:

Name:

Date:

Place: