Terms and Conditions of Pilates, Yoga & Barre Courses

Thank you for your interest in Pilates, Yoga & Barre Classes with BalanceFit (www.balancefit.studio)
Below you will find details on the terms & conditions when booking your class/es.

Terms & Conditions

- All participants need to complete the PARQ & Lifestyle questionnaires before attending their first class. Please keep me informed of any changes in your health information.
- Expectant mothers should consult their doctor before participating in exercise classes. Always inform your instructor if you are pregnant.
- Course numbers will be limited & booking for these will be taken on a first come first served basis. Priority given to returning clients.
- Payment for each course should be made PRIOR to the start date. Your place will be secured on receipt of payment.
- Bookings are made for attendance on the entire course if you know prior to the start date that you will be unable to make one or more of the sessions; please let me know before the start of the course so we can make sure you can swap into another class to make up your session.
- Clients who do not want to commit to a course are welcome to pay drop-in price and attend classes when they can. Payment for this is more expensive and in advance.
- Sessions missed without notification or less than 24 hour notice cannot always be made up however if there is availability you can.
- BalanceFit reserves the right to cancel or change sessions at short notice. In these cases a refund of the session fee will be given or clients can swap onto another session. You will be informed of any changes via telephone, text message or email.

Class Protocol

- Please make every effort to arrive at class on time. For your own health & safety it is very important that you are there for the warm up. Participation of late comers will be at the discretion of your instructor.
- Please inform your instructor of any injury or illness you may be suffering from or anything else they need to be aware of
- It is unsafe to leave class without a cool down/stretch. If for some reason you will need to leave class early please inform your instructor who can give you advice on additional exercises, stretching or any information you may miss.
- Please wear comfortable/ appropriate clothing for your class. Pilates & Yoga do not require specific footwear. You can practice in socks or with bare feet
- While every effort is made to get the room temperature just right for your class, we recommend you bring some warmer clothing for the cool down, stretch & relaxation.
- A mat & additional equipment is provided for you, however in busy classes should you wish to have 2 mats it may be necessary to provide your own.
- Please ensure you are well hydrated before & during your class, please bring water with you.
- Out of consideration for your fellow classmates, please ensure mobile phones are either switched off or on silent for the duration of the class.

I have read & accept the terms & conditions detailed above.

Name_____ Date_____