

studio • V

PILATES

Waivers:

Upon purchasing any of class passes and/or monthly membership from Studio V Pilates you are accepting all of our terms, conditions and policies. Our waiver is listed below and it is deemed to be accepted by you on the purchase of any class passes, membership or product.

I understand that classes may be physically strenuous and I voluntarily participate in them with full knowledge that there is risk of personal injury, property loss or death. I agree that neither I, my heirs, assigns or legal representatives will sue or make any other claims of any kind whatsoever against Studio V Pilates or its members for any personal injury, property damage/loss, or wrongful death, whether caused by negligence or otherwise.

I agree that Studio V Pilates is in no way responsible for the safekeeping of my personal belongings while I attend class. Studio V Pilates does not assume responsibility for any lost or stolen personal property. If I do become the victim of a theft, I will immediately report it to a Studio V Pilates staff member.

I have read, understood and accept the policies of Studio V Pilates – including but not limited to the cancellation policy – and agree to abide by them as best I can.

Monthly Membership Terms and Conditions

The Monthly Class Pass contract allows for 1 month by month membership option, the cost is \$270.00 per month which entitles the client to 12 classes (reformer/equipment/clinical Studio V pilates sessions) per month. There is no additional joining fee. Total cost of the contract is \$270.00 per month.

If the client is unable to attend all 12 classes the remaining classes are forfeited. Classes do not roll over to the following month. Classes on this membership can be used for Reformer, Equipment or Clinical Studio V Pilates sessions.

Suspension of the contract is available for two weeks for illness/injury or holidays without charge. Cancellation of the contract prior to the completion of the month period will result in the remaining classes on the monthly pass to be forfeited.

Cancellation Policy

Cancellations/Rescheduling classes need to be made more than 12 hours prior to your class commencement. We understand sometimes unforeseeable circumstances can arise, but we have to be strict, fair and consistent with all clients therefore no exceptions will be made.

Payment must be made upon booking via the MindBody app. To book into a class you must either have pre-purchased sessions in your MindBody account or pay at the time of booking into your chosen session.

Out of consideration for your Instructor, other clients, and also for your own safety, the warm-up is an important aspect of each class. Please be aware that if you are *more than 5 minutes late for a class, you may not be able to train and will forfeit that class.* Any 'No Shows' will result in a forfeit of that class.

Trainers and classes are subject to change without notice. Studio V Pilates reserves the right to cancel classes if necessary.

Purchasing Policy

All memberships, single sessions and class packages have an expiry date for the sessions to be utilised. No extensions can be given beyond this date. Any classes not used prior to the expiry will be forfeited.

Classes are for individual use only and cannot be transferred to another person.

Our Introductory Offers of 5 Classes in 2 Weeks are only available to *new* clients of Studio V Pilates. Only *one* option can be purchased *once* per person. The Introductory Offers are non-refundable non transferable and will activate from the date of your first class booking.

Ability Policy

Pilates classes may be physically strenuous. All participants are advised to obtain clearance from their GP or Allied Health person prior to attending any classes. It is the participants responsibility to inform the instructor of any injuries or conditions which may inhibit their ability to participate. Exercises may be adapted to assist the participant's ailment however it is ultimately the responsibility of the participant to reduce or stop any movement which causes pain etc.

All participants must sign the Liability Waiver prior to attending any classes.

Pregnancy Policy

Pregnancy is not an illness and Studio V Pilates does not treat it as one. Women who have previously worked out regularly and consistently are welcome to continue their fitness routine with us throughout their pregnancy. However, ALL pregnant women are required to receive clearance from their GP or Obstetrician first. Exercises may be adapted, however it is ultimately the responsibility of the participant to reduce or stop any movement which causes discomfort/pain etc. There will ultimately be exercises performed during the class environment which may not be suitable (usually due to positioning) as the pregnancy develops so a time may come where Solo or Clinical Studio V Pilates sessions are more appropriate. This way the exercises can be tailored to your needs.

Pregnancy is NOT the time to commence a fitness routine if you have not previously been training regularly and consistently.

Once your baby is born AND you have received clearance from your doctor you are more than welcome to join us at our Mums and Bubs sessions. Bring your baby along (in pram/play mat - provided) and keep them close to you while you enjoy your Pilates session. All participants must sign the Liability Waiver prior to attending any classes.

Safekeeping Policy, via the MindBody booking app.

General Policy

All participants bring personal belongings to the studio under their own reconnaissance and it is therefore their responsibility. Studio V Pilates does not assume responsibility for any lost or stolen personal property. If you do become the victim of a theft, immediately report it to a Studio V Pilates staff member.

By joining as a member of Studio V Pilates you are agreeing to receive studio updates and/or important information via email.

All members of Studio V Pilates are expected to uphold a respectful level of conduct.