



Online Pilates Class Info Sheet

Space

We recommend allowing 21 ft² / 2 m² per person. Please ensure that the space is clear with nothing in the way of the pilates mat and there is sufficient ceiling height to easily extend legs and arms.

Requirements for Pilates Class

Please wear comfortable clothes that allow you to move freely. You may also want to have a small towel handy just in case you sweat during the class. You will need to provide your own mat. If you do not have a mat we recommend using a blanket or towel to give yourself a bit of padding.

To fully experience the benefits of the pilates class we recommend that no alcohol or food is consumed before or during the class. Please feel free to have a water bottle hand whilst doing the class. We recommend drinking plenty of water before and after the class. We also suggest mobile phones are turned off during class.

Your Pilates Teacher

Your pilates teacher will be able to teach all levels of pilates and can cater to different experience levels within the group. As this is an online class the teacher will be unable to correct exercises but will give detailed instructions of how to do the exercises.

Please notify us at least one week in advance of the class whether you have an injury or whether you are pregnant and if so, in what trimester, as we will need to ascertain whether you can participate in the class or not.

By agreeing to participate in the pilates class, you (The Participant) agree to the following terms and conditions:

1. The participant recognises that pilates requires physical exertion, which may be strenuous and may cause physical injury, and is fully aware of the risks and hazards involved.
2. The participant understands that it is their responsibility to consult with a doctor prior to and regarding their participation in any physical fitness program, including pilates.
3. The participant warrants that they have no medical condition that would prevent their participation in a physical fitness activity.
4. The participant assumes full responsibility for any risks, injuries or damages, known and unknown, which may incur as a result of participating in the class.