

Pilates Class Information Sheet

Space

The space required for a Pilates class is the size of an exercise mat plus surrounding area to allow for arms to reach out to the sides. The floor should be flat and clean to avoid any dirt particles causing injuries.

Requirements for Pilates Class

Please wear comfortable clothes that allow unrestricted movement. The Instructor will supply mats. In the event that the instructor is unable to provide mats for all participants, we will notify you in advance and ask that participants bring their own or they can also use a thick blanket or a camping mat. Participants may also want to bring a small towel to add support to some moves.

For safety and comfort we recommend that no food is consumed before the class and no one should not be under the influence of alcohol. Please feel free to bring a water bottle to class. Pilates is a non-impactive form of exercise, but we recommend staying hydrated as participants may feel thirsty afterwards. All mobile phones must be turned off during class.

Please can participants with any injuries or physical conditions inform the glo team prior to the class. We also ask that any pregnant participant notify us in advance, what trimester they are in, as this may impact whether you can take part in the class or not.

The Pilates Instructor

The Instructor will offer alternative versions and levels of exercises to ensure everyone can work at their own level to achieve full benefit from the session.

By agreeing to participate in the Pilates class, you (the participant) agree to the following terms and conditions:

1. The participant recognises that Pilates is an exercise class, which may be strenuous and carries risk of physical injury, it is your responsibility for your safety. You should be aware of and listen to your body, and only carry out exercises at the level that are comfortable and you are able to complete them safely.
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.