



Nourish Fit Move Age Strong Pilates & Mobility Classes Terms & Conditions

Group Pilates Class Terms & Conditions

Class Information

- Group Pilates classes are taught at various venues in **Worcester and Droitwich**.
- Classes are **50 minutes** in length.
- Class size is typically **12 participants or fewer**, allowing for individual attention, guidance on correct technique, and safe progression.
- Classes include **mat-based and standing Pilates exercises** and are **low-impact**, suitable for beginners unless otherwise stated.

Payments & Booking

- All group classes are **pre-booked and payable in advance** via online payment.
- Booking a **4-week Beginners / Starter Course** secures your place for that block. Payments for beginner blocks are **non-refundable**.
- If you are unable to attend part of a booked beginner block due to illness or other unforeseen circumstances, remaining sessions may be used **within 3 months of the original start date**, subject to availability.
- If the original class is full when you wish to return, I will do my best to offer an alternative class where possible.

Ongoing Classes & Monthly Payments

- After completing the 4-week starter course, classes are paid by **monthly recurring payment**, which secures your space in the class.
 - I take **4–6 weeks off per year**.
 - **Monday classes at Claines Institute do not run on UK Bank Holiday Mondays.**
 - Fees are **averaged across the year** to keep payments simple and predictable. As a result, the recurring monthly fee for Monday classes is slightly lower to reflect Bank Holidays.
 - Any missed classes cannot be refunded.
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Availability

- Places are **limited and subject to availability**.
 - If a class is full, you may be added to a **waiting list**.
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Health & Safety

- Before attending your first class, you must complete a **Health Questionnaire**, provided in your welcome email.
 - This allows exercises to be adapted where appropriate. With your permission, I may liaise with your GP if required.
 - You are responsible for informing me of any changes to your health.
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Class Etiquette & Housekeeping

To ensure a comfortable and respectful environment for everyone:

- Please **silence mobile phones** during class.
- Avoid wearing **strong perfumes or colognes**, out of consideration for those with sensitivities.
- Please remove any wrist bangles as these can be quite noisy.
- Wear **comfortable, stretchy clothing** such as leggings, tracksuit bottoms, and a t-shirt.

- Please bring a drink (preferably water).

Clothing guidance:

- Men: Baggy, short shorts, running shorts, jeans, trousers, or collared shirts are **not** suitable for Pilates. Cycling style, long shorts or fitted sportswear are recommended.
- Ladies: Leggings, cycling style shorts or tracksuit bottoms are recommended or clothes that are stretchy and comfortable.
- Please bring a small towel if you don't have Pilates head blocks.

Class Environment

- My priority is to maintain a **calm, respectful, and supportive environment** for all participants.
 - Disruptive or disrespectful behaviour may result in removal from the class at my discretion.
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