

Terms of Booking One-to-One and Small Groups

1. For One-to-One you will receive personal tuition.
2. Small groups are limited to a maximum of 4 participants.
3. The Health Questionnaire and Aims & Goals must be completed.
4. In the event that any or all of the sessions cannot go ahead due to any reason on Purely Pilates part, you will be offered alternative dates/times or a refund covering the sessions missed.
5. Non-attendance of any of the sessions will mean you forfeit those sessions, unless you give a minimum of 24 hours notice, in which case you will be offered alternative dates/times.
6. You will not be permitted to attend a session while under the influence of alcohol, narcotics or other mood altering substances.
7. You must familiarise yourself with the health & safety rules of the premises in which the session takes place and ensure you comply with those rules.
8. **Payment is required before the start of the first session.** You can pay by:
 - Online by using the Pay Now buttons on our website (3D secure payment gateway).
 - Card payment either at Purely Pilates or over the phone. We accept all major cards.
 - By Internet Banking to: Purely Pilates; Sort 83-16-11; Account 00294820. **Please ensure you reference any internet payment with your name.**

Health Questionnaire plus Aims & Goals

- A. New Clients must complete the Health Questionnaire plus Aims & Goals by completing the on-line booking form.
- B. Existing Clients need not complete the Health Questionnaire upon re-booking a session, unless the answers to any of the questions have changed since last completing the questionnaire.
- C. If you have answered YES to one or more questions talk to your doctor before you start becoming more physically active. Tell your doctor about the questionnaire and which question(s) you answered YES. Talk with your doctor about the Pilates sessions you wish to participate in and follow his/her advice. If necessary, your doctor may contact Purely Pilates directly.
- D. If you answered NO to all questions you can be reasonably sure that you can start to become more physically active and take part in Pilates sessions. Remember to start slowly and build up gradually.
- E. If your health changes so that you subsequently answer YES to any of the above questions, please inform Purely Pilates immediately. If you feel unwell due to a temporary illness such as a cold or flu, delay becoming more active and wait until you are better.
- F. You participate in the Pilates exercises at your own risk and if you suspect any adverse affect brought on by your participation, you will immediately report such to Purely Pilates.