



Pilates 15 IKE

Operating regulations and disclaimer

1. I declare that I am over 18 years old (otherwise written parental consent is required) and I acknowledge that I have voluntarily chosen to participate in the classes and activities offered by the company Pilates 15 IKE.

2. I acknowledge and agree that by participating in the classes and activities offered by the Pilates 15 IKE company I am performing physical activity and exercise that involves the risk of injury. Participation in the classes and activities as well as the use of the machines is my sole responsibility.

3. I agree that I must inform Pilates 15 IKE of any known medical conditions or factors that may put me at risk before participating in the classes and activities. The company Pilates 15 IKE reserves the right to request the presentation of a medical certificate for the adequacy of participation.

4. Pilates 15 IKE instructors and staff are not medically qualified and therefore not qualified to assess whether clients are in good physical condition and/or exercising without harming health, safety, comfort or their physical condition. Customers are advised to seek medical advice before commencing any physical activity if they are in any doubt about their ability to exercise.

5. I understand and agree that I release the instructors, staff and administrator of Pilates 15 IKE from any legal or general liability for any injury or damage or aggravation that may be caused to me as a result of my participation in the classes and activities of the company Pilates 15 IKE.

6. Prenatal and postnatal policy. The Pilates 15 IKE company does not accept participation in the company's courses and activities if the client has not completed the first trimester of pregnancy (12th week) and does not have the consent of her doctor. Participation in group lessons is the sole responsibility of

the client. After giving birth, in the first 16 weeks we recommend individual lessons. Participation in group classes is allowed after the 16th week of childbirth and with the consent of the gynecologist.

7. Course cancellations. Notification for cancellation of a scheduled lesson must be made twenty-four (24) hours in advance, otherwise the lesson will be charged.

8. A fixed weekly reservation requires regular participation. In case of frequent cancellations, even if made in a timely manner, the fixed reservation ceases to be valid.

9. Payment of lessons. All courses are prepaid, otherwise a place cannot be reserved. No refunds are made and classes are non-transferable. The course package is valid for six (6) months. The 3 introductory courses package is valid for one (1) month. No extension of time is granted.

10. The Pilates 15 IKE company is not responsible for any damage or loss of personal items that customers bring to the venue.

11. In order to hold a group lesson, a minimum of three (3) people is required. The company Pilates 15 IKE reserves the right to cancel group classes due to changes in the program.

12. The company Pilates 15 IKE reserves the right to change these regulations without prior notice.

13. I have received a printed copy of the above regulation and disclaimer.

Name

Signature

Date