
HAPPY BODY STUDIO

HAPPY BODY STUDIO Terms & Conditions

Please read our terms and conditions carefully.

These terms and conditions cover all the classes and any relevant activity provided by Happy Body Studio.

If you are unable to agree to our terms and conditions, you must not book or attend classes at Happy Body Studio.

By booking classes at Happy Body Studio it is assumed you have read and agreed to these conditions.

Happy Body Studio reserves the right to amend these Terms and Conditions at any time.

GENERAL

- Personal property and belongings are brought to Happy Body Studio entirely at your own risk.
- Happy Body Studio will accept no liability for loss or damage to any personal property or belongings.
- No smoking in the Studio or directly outside.
- Management reserves the right to refuse admission to the Studio.
- Minimum participant age is 18 years.

PAYMENT

- All classes are paid for in advance via the Studio Booking System.
- Drop in classes are only permitted if there is space and must be organised in advance of the class and will be charged a higher rate.

INFORMATION

- Please disclose all health information as requested on the health history form and keep me updated and informed of any changes to your health status. This includes all medical conditions; physical and mental, injuries, allergies, and medication you are taking. If necessary, you may need to seek clearance from your doctor before participation in the class.

REFUNDS

- If you purchase a block and unable to complete the block, 24 hours cancellation notice is required before the 8 week block begins. Refunds cannot be provided after the 8 week block begins.

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- If a package is bought and only part used there will be no refund available for the remaining sessions.

MAKE UP CLASSES

- Please try and inform the Studio ahead of the class if you cannot make the class.
- If you cannot make your booked class you can arrange to attend an alternative class on the timetable. This is depended on space being available.
- Happy Body Studio is not obliged to offer a make up class and if there is no suitable alternative available to the client, the class will be forfeited. No refunds will be given for missed classes.
- All make up class must be attended within the current 8 week block and cannot be carried over to the next block.
- It is your responsibility to arrange a make up class for which the Studio Management will endeavour to find a suitable alternative before the end of the block.

LIABILITY

- All class Participants at Happy Body Studio are required to complete a health history form prior to their first class. If any information changes during your time at Happy Body Studio, you will be required to make us aware.
- By agreeing with the Terms and Conditions, the Participant declares they are aware and accept the risks of engaging in any form of physical activity. By attending a class at Happy Body Studio you accept that participation in exercise, even in healthy individuals carries risk of injury and possible death and any programmes, classes or events and any related activity undertaken at Happy Body Studio is voluntary and at your own risk.
- Happy Body Studio will not be liable for any injuries or damage arising out of participation in any classes or sessions at Happy Body Studio.
- You must be signed off by your doctor as fit to exercise if you are pregnant, 6 weeks post natural birth or 10 weeks post c-section.
- It is the Participant's responsibility to ensure that they are capable of undergoing the routine of exercises contained within each class. Participants are advised not to undertake fitness classes at Happy Body Studio without first seeking medical advice if they have any concerns over their physical condition. If any concerns of physical capability during a Happy Body Studio class or session, the participant should immediately stop and alert their instructor where an appropriate action will be taken.
- The Studio reserves the right to refuse access to any Participant if it considers that the health of the individual concerned may be endangered by the use of such facilities..
- Should you experience any pain, discomfort, or injury during any of your sessions, please inform your Instructor immediately who will ensure appropriate action is taken.

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- Please be aware that your Instructor is not a health care professional and cannot diagnose and/or prescribe treatment for any form of injury, disease, or other medical problem.

CLASS ATTENDANCE

- Socks must be worn during a Pilates class and shoes placed on the shoe rack. **No shoes** are permitted on the studio mats.
- Suitable footwear must be worn during Group Personal Training and Personal Training.