

Live classes

You must complete the Enrolment Form (which will be emailed to you) and send it to your teacher before your first Live Online Class: pilateswithiona@gmail.com.

Pilates exercises are very safe but, as with all forms of physical exercise, it is wise to consult your doctor before starting Pilates sessions. These sessions are not a substitute for medical counselling or treatment. If you have any doubts about the suitability of the exercises, you should refer to your medical practitioner.

Disclaimer for On Demand Classes

By taking part in an On Demand Pilates class, you fully understand that your teacher is not able to offer any personal correction; you agree to take responsibility for your own body; you agree not to perform any exercises or movements that may cause you discomfort; and you confirm that you are fit and able to join the class. You must ensure that you are working in a safe environment and that you are able to clearly see and/or hear your teacher in order to follow instructions. It is your responsibility to let the teacher know before the class if anything affects your ability to exercise that day. By joining the class you automatically agree to waive all statutory rights against your teacher.

Pre and Post Natal

It is inadvisable to do Pilates between weeks 8 to 14 of pregnancy, unless by special arrangement with your teacher. It is also advisable to wait six weeks after the birth before resuming exercise.

Privacy Policy

You confirm that your teacher may use the contents of your Enrolment Form, and any other information you may later provide, for teaching purposes, and that this information will be used in confidence and stored securely; will not, in any circumstances, be shared with a third party without your written consent, unless that party is another (Body Control) Pilates teacher who will teach you; may be retained by the teacher for a period of time such as complies with professional, legal and insurance requirements that they must fulfil.

You confirm agreement for your teacher to contact you with information on classes and other Pilates related activities (via newsletter) and understand that you have the right to withdraw this 'consent to be contacted' at any time.