

Client responsibility

Clients are responsible for filling out our health questionnaire accurately and keeping it updated.

Clients are responsible for talking to their teacher before each class about their health, pathologies and injuries.

Clients are responsible for moving around and adjusting the Reformer, following spring tension instructions and using small equipment.

Clients are responsible if they choose to execute the exercises offered standing on the Reformer as there is always another option available.

Clients are responsible for letting the teacher know if they feel uncomfortable or unwell during class.

Clients are responsible for each exercise and layer of exercise they choose to execute.

Clients are responsible for managing their own bookings and working within the parameters of our cancellation/refund policy.

By attending our classes clients understand and accept that participation in Reformer Pilates involves physical movement and equipment that may carry the risk of injury. Our clients assume full responsibility for themselves and any associated risk in class and will always follow the instructions of their teacher. The Pilates Boutique or teachers will not carry any liability for injuries sustained in class.