

Zoom Classes & Personal Corrections

NOTE: This is supplementary to the standard Body Control Pilates Enrolment Form, which must already have been completed.

By taking part in an online 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.

YOUR SIGNATURE

I confirm that I have read and understood the above statement.

Your Name:	
Signed:	
Dated:	

Thank you for providing the above information, which will be stored securely and used in complete confidence.

Please complete this form, save it to your computer, and email it as an attachment to your teacher.