

This is just the start of your beautiful Pilates journey – Thank you for taking the time to invest in your health, I hope you continue to enjoy the classes!

♥ YES! I want to continue to increase my strength - flexibility & move more freely - improve my balance and posture - relieve my aches & stiffness



**ESSENTIALS MEMBERSHIP PLAN**  
**£28 per month**

Perfect for those who want.....

- ♥ 1 class per week = 4- 5 classes per month
- ♥ Stay committed and accountable to continued wellbeing and reaching Pilates goals
- ♥ Maintain physical health to keep aches & stiffness at a minimum
- ♥ Look forward to moving in a beautiful, powerful, low impact way every week to feel amazing afterwards
- ♥ Build friendships with like minded ladies
- ♥ Access to on demand video library to use at home
- ♥ WhatsApp & Facebook support group
- ♥ Nina's Rainbow balance nutrition and mindset guidance sheet
- ♥ Option to swap class days & times



**PREMIUM MEMBERSHIP PLAN**  
**£42 per month**

Perfect for those who want.....

- ♥ Unlimited weekly classes
- ♥ Stay committed and accountable to continued wellbeing and reaching Pilates goals
- ♥ Maintain physical health to keep aches & stiffness at a minimum
- ♥ Look forward to moving in a beautiful, powerful, low impact way every week to feel amazing afterwards
- ♥ Quicker improvement in confidence, strength and posture
- ♥ More time to enjoy exercise in the week
- ♥ Build friendships with like minded ladies
- ♥ Access to on demand video library to use at home
- ♥ WhatsApp & Facebook support group
- ♥ Nina's Rainbow balance nutrition and mindset guidance sheet

**YOU WILL RECEIVE AN EMAIL TO SET UP YOUR 'GO CARDLESS' MONTHLY DIRECT DEBIT SECURE ACCOUNT. SIMPLY CLICK YOUR REQUIRED MEMBERSHIP OPTION & FOLLOW THE INSTRUCTIONS TO SET UP YOUR ACCOUNT – PLEASE MAKE A NOTE OF YOUR MONTHLY DIRECT DEBIT TRANSACTION DATE FOR FUTURE REFERENCE - Please read further Terms and Conditions below**

**YOU WILL ALSO RECEIVE AN EMAIL WITH INTRUCTIONS ON HOW TO DOWNLOAD THE BOOKFIT APP TO BOOK YOUR CLASSES.**

*Membership is calculated pro-rata, you won't be charged when there aren't any classes running. I provide you Pilates classes 39 weeks of the year during term time and I take 13 weeks holiday annually according to the school holidays – weeks & dates may vary. I will always confirm class dates via the WhatsApp group.*

**TERMS & CONDITIONS**

This agreement is between participant and Invigorate Pilates By Nina, I agree that I have completed a health questionnaire prior to course commencement and no further action is needed and I am fit and well to participate in Pilates classes.

I agree to the monthly membership amount to be taken from my bank account by GoCardless payment systems to the value of the membership I require as stated above. I understand that I am in total control of my GoCardless payments to Invigorate Pilates and I am free to cancel my membership and stop my payments at any time. I agree to kindly advise Nina of this cancellation for feedback and admin purposes of the Pilates business. I will ensure that I cancel the GoCardless payment 7 days prior to the monthly transaction date, I understand that refunds cannot be issued once transaction has occurred. However In the event payment has been made after the cancellation I can continue to attend classes for that paid period.

### **Absence or Sickness**

To sustain the business, it is not possible to credit prepaid classes. If you are not able to attend due to sickness or other circumstances, you can attend any of the other classes available in the week to catch up on any missed sessions and you also have full access to the Invigorate Pilates on demand videos provided to use at home. If you are unable to attend your class please cancel your session via the booking app as soon as you can.

### **Holidays**

To sustain the business, it is not possible to credit holidays taken during the class term times - In the event you have holiday you can make up the missed classes in any of the other classes. As part of your membership you have access to Invigorate Pilates On Demand to use at home and to take with you anywhere you go. Classes are run term time and teacher holidays are taken during school holidays in line with the local area. In the event holiday by the teacher is taken outside of this period, notice will be given in a timely manor.

*In the event I am unable to take your planned class or for any other unforeseen reason the planned session cannot take place you can attend an alternate class and you will be informed as soon as possible via WhatsApp.*

### **Class Bookings**

You can book, amend or cancel your classes via the app Bookfit app on a smart phone or tablet.

I am committed to providing all membership participants with a constant, fresh and positive experience, I endeavour to participate in ongoing training and research to provide and plan to the very best of my ability excellent Pilates courses/classes.

I respect your privacy and during the class from time to time I take pictures and videos of the classes to use on social media to help showcase to new women thinking of joining to help them feel comfortable in attending our sessions, if you wish to have your picture or video taken and used please make your teacher aware.

By signing you agree not to violate the publicity or privacy rights of the teacher and any course participant. We respect your confidential and proprietary information, and must insist that you respect the same rights of fellow course participants and of the business.

I have made every effort to accurately represent the membership and its potential.

The testimonials and examples you may see used by clients are not intended to represent that anyone will achieve the same or similar results. Each individual's results depend on many factors, you acknowledge that as with any exercise program positive results cannot be guaranteed and will depend on an individuals commitment, mindset and how the body responds.

The membership teacher is qualified to the required standard and is fully insured and DBS checked

Copies of qualifications and insurance certificates etc are available on request.