



Pilates at Physiofusion: “THE SMALL PRINT”

- **HEALTH AND SAFETY**

We request and advise that you inform your instructor of any health issues or health concerns before the start of each class for your own safety and care.

We remind you that this is particularly important if you have had an injury/new pain in the preceding days.

We have a water cooler in the studio which you are most welcome to use. If there are any spillages onto the floor, please notify us as soon as possible so that we can ensure a safe exercise environment.

- **ABSENCE/MISSED CLASSES**

Our clinic provides small classes with individualised attention, and so we regret that we cannot accommodate requests to switch classes in lieu of absence/a missed class.

Our instructors will know each class participant’s medical history, and so from an insurance perspective it is not feasible for us to accommodate participant changes between classes.

Please understand that requests to change a class attendance also presents us with a serious administrative challenge, and where we have been unable to meet expectations in the past, it has caused upset.

The class fee is non-refundable however we will extend credit to anyone who provides a note from their GP or physio in advance of the missed class stating they are unable to attend for health reasons.

We offer FREE Client Reward Classes to those on our mailing list, and so if you would like to receive these emails and avail of free classes, please let Sarah know at reception, or email us at info@physiofusion.ie.

- **“CATCH-UP” CLASSES AND FREE CLIENT REWARD CLASSES**

We offer an opportunity to attend a 'catch-up' class at the end of each term which allows you the opportunity to attend a class, in lieu of a missed class during the term.

We often run two classes where there is demand.

It is filled on a first-come first served basis.

Please let us know if you would like to be added to the Catch-Up class list for the term. It is filled on a first come first served basis, rather than based on the number of classes you may have missed.

- **PREGNANCY REMINDER**

We request that you inform your instructor if you are pregnant, as pregnant ladies should not attend regular Pilates classes, in line with best practice guidelines.

Pregnancy Pilates classes are available at the clinic (from week 12-40), and we are happy to discuss this further with you.