

Pilates Waiver – RevitaliseU-Kent

1. By participating in Pilates classes run by RevitaliseU-Kent, you will be performing physical activity I understand that physical exercise, by its very nature, carries with it certain risks, including but not limited to physical injury, strain, discomfort, and even the possibility of serious injury. I understand that participating in classes is undertaken at my own risk.
2. I agree to inform the instructor of any pre-existing injury, illness, muscle soreness/discomfort or if I am pregnant, prior to commencement and to notify them of any changes to my medical status, including changes to medications, illnesses or injuries.
3. I understand that participating in classes with a medical condition is done entirely at my own risk.
4. I understand that RevitaliseU-Kent instructors are not medically trained and are therefore not qualified to assess whether clients are in good physical condition and/or that clients can engage in exercise without detriment to their health, safety, comfort or physical condition. Clients are advised to seek medical advice prior to commencing any exercise program if they are in any doubt about their ability to engage in exercise.
5. I acknowledge that our instructors may use tactile cueing and adjustment methods, or make physical contact with you for correction purposes in order to ensure that Pilates practice is undertaken in accordance with RevitaliseU-Kent best practice.