
HAPPY BODY STUDIO

HAPPY BODY STUDIO Terms & Conditions

Please read our terms and conditions carefully.

These terms and conditions cover all the classes and any relevant activity provided by Happy Body Studio.

If you are unable to agree to our terms and conditions, you must not book or attend classes at Happy Body Studio.

By booking classes at Happy Body Studio it is assumed you have read and agreed to these conditions.

Happy Body Studio reserves the right to amend these Terms and Conditions at any time.

GENERAL

- Personal property and belongings that are brought to any venue that is hosting a Happy Body Studio class entirely at your own risk.
- Happy Body Studio will accept no liability for loss or damage to any personal property or belongings or vehicles parked on the land surrounding any venue hosting a Happy Body Studio Class.
- All fire drill and COVID procedures of each venue must be followed.
- Management reserves the right to refuse admission to a class.
- Minimum participant age is 16 years.

INFORMATION

- Please disclose all health information as requested on the health history form and keep me updated and informed of any changes to your health status. This includes all medical conditions; physical and mental, injuries, allergies, and medication you are taking. If necessary, you may need to seek clearance from your doctor before participation in the class.

PAYMENT

- All classes are booked & paid for in advance via the Studio Booking System.

REFUNDS - Block Booking, Flexible Class Passes, Drop ins.

- All classes and passes are non refundable.
- If you book a single/drop in class and cannot make it, please inform Happy Body via email at least 24 hours ahead of class and we can transfer your booking to an alternate date.

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- If a pass/block is bought and only part used there will be no refund available for the remaining sessions.
- Each pass will hold a strict expiry date, any unused passes will be forfeited. .

MAKE UP CLASSES (Applicable to flexible class passes & any block booking of consecutive weeks. e.g. 6 week Cycle fit or 6 week Pilates courses)

For Flexible Class Passes:

- No refund of a pass will be given if a class is missed. This can be managed by the client via the bookwhen system and either cancel or transfer the booking to another day.
- You have up to 24 hours before a class to either cancel or transfer a pass to another day. Changes within 24 hours is not possible and your pass will be forfeited.

For Block Booking:

- Please try and inform the instructor at least 24 hours ahead of the class if you cannot make the class.
- If you cannot make your booked class you can arrange to attend an alternative class on the timetable. This is dependent on space being available.
- Happy Body Studio is not obliged to offer a make up class and if there is no suitable alternative available to the client, the class will be forfeited. No refunds will be given for missed classes.
- All make up classes must be attended within the current block and cannot be carried over to the next block.
- It is your responsibility to arrange a make up class for which the Studio Management will endeavor to find a suitable alternative before the end of the block.

LIABILITY

- All class Participants at Happy Body Studio are required to complete a health history form prior to their first class. If any information changes during your time at Happy Body Studio, you will be required to make us aware.
- By agreeing with the Terms and Conditions, the Participant declares they are aware and accept the risks of engaging in any form of physical activity. By attending a class at Happy Body Studio you accept that participation in exercise, even in healthy individuals carries risk of injury and possible death and any programmes, classes or events and any related activity undertaken at Happy Body Studio is voluntary and at your own risk.
- Happy Body Studio will not be liable for any injuries or damage arising out of participation in any classes or sessions at Happy Body Studio.
- You must be signed off by your doctor as fit to exercise if you are pregnant, 6 weeks post natural birth or 10 weeks post c-section.

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- It is the Participant's responsibility to ensure that they are capable of undergoing the routine of exercises contained within each class. Participants are advised not to undertake fitness classes at Happy Body Studio without first seeking medical advice if they have any concerns over their physical condition. If any concerns of physical capability during a Happy Body Studio class or session, the participant should immediately stop and alert their instructor where an appropriate action will be taken.
- The instructor reserves the right to refuse access to any Participant if it considers that the health of the individual concerned may be endangered by the use of such facilities or participation in a class.
- Should you experience any pain, discomfort, or injury during any of your sessions, please inform your Instructor immediately who will ensure appropriate action is taken.
- Please be aware that your Instructor is not a health care professional and cannot diagnose and/or prescribe treatment for any form of injury, disease, or other medical problems.

ONLINE CLASSES:

- Please note by joining a class online you acknowledge that you are choosing to do a class in your own space and you are assuming responsibility and liability for being aware of your surroundings and limitations as well as screen sharing with others who have the ability to see you. If you do not feel comfortable exercising without the supervision of an instructor in person, please do not join the class.
- All online classes will be recorded. Only the instructor is recorded but please mute your microphone to ensure just the instructor is recorded. If you are not comfortable with the class being recorded, please do not join.

It is the responsibility of the participant to ensure:

- There is sufficient space to perform the exercises safely and move freely without obstacles or obstructions, free of furniture, equipment and other hazards - a minimum of four square meters per person.
- Any equipment is safe and in a suitable condition for the activity being performed
- The surrounding floor space is entirely clear, and please remove any hazards that may increase risk of slips, trips or falls.
- There are no distractions throughout the duration of the session.
- There is sufficient heating, lighting, ventilation and hydration.

Liability & Online Classes:

- As with all fitness & exercise programmes, when partaking in an online class or watching a prerecorded video by Happy Body Studio, you need to use your common sense. To reduce and avoid injury, you should check with your doctor before beginning any fitness

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programme. By performing any fitness exercises without supervision you are performing the exercises at your own risk.

- If in a live online session you choose to not share your camera or you have not placed your webcam in a suitable position where the instructor can see you then you are participating in the online class at your own risk.
- Happy Body Studio will not be responsible or liable for any injury or harm you sustain as a result of participating in an online class, online video or information shared on our website. This includes emails, videos and texts.

CLASS ATTENDANCE

- Suitable footwear & clothing must be worn for the class you are attending. Pilates can be performed in socks.
- For Pilates, please bring your own mat.
- Please bring water to all classes/sessions and a towel if appropriate.

COVID -19 Protocol:

- Any venue protocols or government advice where applicable must be followed at all times.
- If you have symptoms or tested positive for COVID-19, please do not attend class and follow the government guidelines or advice where appropriate.

Last updated: December 2022.