



## **Bounce Beyond Leicester Class Terms and Conditions**

BY MAKING A CLASS BOOKING AND PAYMENT, IT IS AGREED THAT THE CLASS PARTICIPANT UNDERSTANDS AND ACCEPTS THE FOLLOWING:

1. The Class Participant hereby agrees that they are physically fit and without any known medical condition that could be aggravated, adversely affected or impacted upon by participation in this class that has not already been discussed and approved by a Doctor.
2. The Class Participant understands the nature of the exercise class and confirm that they are in a proper physical and mental condition to participate. The Class Participant agrees that if at any time they have questions, feel unsafe or unwell they will immediately inform the Instructor and will not continue any further in the class until the Instructor deems it safe and appropriate for them to do so.
3. The Class Participant will disclose any and all health and medical conditions or concerns at the point of booking and will make the Instructor aware of these before the start of each class. The Class Participant will adhere to any and all exercise modifications provided by the Instructor in regards to the disclosed health and medical conditions and concerns.
4. The Class Participant agrees that there are risks of injury and to health associated with exercising and agrees to participate in the class knowing this, do not exercise beyond your own ability of fitness level – listen to your body.
5. The Class Participant understands that neither the Instructor or premises can be held responsible for any injuries or ill health of any kind arising from participation within this class.
6. On the first visit to a Bounce Beyond Leicester Class the Class Participant must complete a Physical Activity Readiness Questionnaire (PARQ). A link to the PARQ can be found on the confirmation email received when a class booking is processed. If the PARQ has not been received by [info@bouncebeyonandleicester.com](mailto:info@bouncebeyonandleicester.com) in advance the Class Participant will need to complete it at the class. The Class Participant acknowledges that it is their responsibility to inform the Instructor of any changes to the PARQ including pregnancy and agrees to complete further PARQ's periodically as requested by the Instructor.
7. Rebounding Classes are set in a dark room with flashing and strobe lighting, if you are adversely affected by this setting and lighting and/or have photosensitive epilepsy this class is not suitable for you.
8. Rebounding Classes are delivered to loud dance music, if you are adversely affected by this setting this class is not suitable for you.
9. The Class Participant must wear appropriate and suitable clothing and footwear including fitness training shoes (trainers) for Rebounding Classes and bare feet for Pilates Classes. Please refer to [www.bouncebeyonandleicester.com/pilates](http://www.bouncebeyonandleicester.com/pilates) or [www.bouncebeyonandleicester.com/rebounding](http://www.bouncebeyonandleicester.com/rebounding) for more information and advice regarding what to wear.

10. For Rebounding Classes the rebounders have a maximum weight of 20kg, the Class Participant agrees and confirms that they are below this maximum body weight.
11. Bounce Beyond Leicester reserves the right to amend the class schedule and will offer a refund/alternate session as necessary, or, may politely deny participation based on any foreseeable health concerns.
12. Bounce Beyond Leicester reserves the right to cease delivery of a class at any point once it has begun should the Instructor consider a Class Participant injured, unwell, not behaving in an acceptable manner or not following reasonable instruction.
13. Bounce Beyond Leicester classes must be paid for in advance via the online booking system. Any Class Participant not found on the class register will only be able to proceed with the class if they pay online and if space is available, therefore please double check you receive a confirmation email when you make a booking.
14. Refunds and class transfers are only available up to 48 hours prior to class commencement.
15. The Class Participant acknowledges and accepts that photography and filming is likely to take place during all Bounce Beyond Leicester classes on the basis of our legitimate business interest to record and promote our work. By booking onto a class The Class Participant acknowledges that their image may be visible and consents to the use of the photographs and video footage being used across our digital channels including websites and social media and where appropriate in printed publications such as flyers.

I HAVE CAREFULLY READ THE ABOVE CLASS TERMS AND CONDITIONS, AND AGREE TO PARTICIPATE IN BOUNCE BEYOND LEICESTER CLASS(S) WITH FULL KNOWLEDGE OF THEIR SIGNIFICANCE.

Any queries should be sent to [info@bouncebeyondleicester.com](mailto:info@bouncebeyondleicester.com)