

BODY-TORQUE PILATES

REGISTRATION FORM

NAME	
DATE OF BIRTH	
HOME ADDRESS	
HOME TELEPHONE NUMBER	
MOBILE NUMBER	
E-MAIL	
<p>Please tick this box to agree that you have read and agree to our PRIVACY POLICY (attached) and that you are happy to receive emails from us about changes to our schedule, special offers and promotions. We promise never to share your personal contact details with anyone! You can unsubscribe at any time by using the unsubscribe link or contacting us.</p>	
CONTACT NAME AND NUMBER TO BE USED IN AN EMERGENCY (NEXT OF KIN)	Name Relationship Number
<p>PLEASE NOTE BY SIGNING THIS FORM YOU ARE CONFIRMING THAT YOU HAVE RECEIVED AND READ A COPY OF OUR PRIVACY POLICY AND OUR TERMS AND CONDITIONS AND AGREE TO BE BOUND BY THEM INCLUDING THE DISCLAIMER</p>	
DATE	SIGNED+

POST NATAL PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

www.body-torque.co.uk

Telephone 01737 765335

e-mail:danielle@body-torque.co.uk

VAT Reg. No. 894 3816 78

BODY-TORQUE PILATES

We recommend that you check with your doctor before becoming much more physically active during or after pregnancy. Please read the questions carefully and answer each one honestly. All answers will be treated with the strictest confidence.

Do you have a heart condition? If YES, please give details.	YES	NO	Detail:-
Do you feel pain in your chest when you do any physical activity or when you are not physically active?	YES	NO	Detail:-
Do you lose your balance because of dizziness or do you ever lose consciousness?	YES	NO	Detail:-
Do you have a back, pelvic or any other joint problem? If YES, did this develop prior to or during your pregnancy? Please give details	YES	NO	Detail:-
Do you suffer from raised blood pressure? If YES, how is it being treated?	YES	NO	Detail:-
Do you suffer from diabetes? If YES, how is it being treated?	YES	NO	Detail:-
Do you suffer from asthma? If YES, how do you control it?	YES	NO	Detail:-
Are you/were you a regular exerciser? Do you intend to do any other exercise in addition to this programme	YES	NO	Detail:-
Do you know of any issue that could affect your participation in exercise? e.g. diastasis recti	YES	NO	Detail:-
Have you had your Post Natal check-up? Was everything satisfactory? If not, please give details	YES	NO	Detail:-
Are you breastfeeding your baby?	YES	NO	Baby's DOB:
Please state delivery type and any complications	Type of delivery: Complications:		

Please note: If your health changes so that you can now answer YES to any of the above questions, tell your teacher and if in doubt, seek medical advice from you GP or health professional.

I have read and understood this questionnaire. Any questions I had were answered to my satisfaction.

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Registration Form and PARQ (health screening questionnaire)

All clients are required to read our Privacy Policy and Terms and Conditions and complete the registration form and health screening questionnaire (PARQ) included in this pack. If your health changes after completing our questionnaire you should let us know ASAP and speak to your teacher to make sure they are aware of your situation. Please call us to have a chat if there are any specific health issues of which we should be aware; **if you're unsure, please call for advice.**

Group Class Booking Guidance

In this pack you'll find a full list of group classes available to book. To book your classes you will need to complete our booking form which can be downloaded from our website; www.body-torque.co.uk or may have been sent to you by email with this welcome pack. Our mat-work courses are between 6-8 weeks depending on school term dates so your commitment is limited to a short course. Please note there are classes at different venues/times so there should hopefully be something to suit everybody, but if you are struggling to choose then we are happy to discuss options and assist you in making a decision. Please note; you should aim to attend as regularly as possible to get the full benefits of the Pilates method.

Select your class dates from the list: On the booking form you'll see a full list of days and times that classes will be running over the next course period. Most of our venues are fairly local, have easy access, and parking either on site, or close by, so please consider all classes, not just those which are closest to you.

Select from any classes that are listed at your level (if you're unsure at what level you are currently please contact us). You don't have to attend the same class every week as, if you wish, you can mix class days and times, as long as they are at an appropriate level for your ability. Having selected your preferred class(es); mark the form to confirm the day, time and dates you wish to attend; total the amount in the payment section at the top of the form, and complete the contact information etc. Payment can be made by bank transfer, cash or cheque. Transfers are probably your easiest option as, once set up on your online banking, future payments are simple.

Our Account details are:

Account Name: **Body-Torque Pilates**

Account No: **73778258**

Sort Code: **20-24-00**

Please use your name as reference when making a transfer.

Cancellations:

Please keep a note of the dates you select; should you need to cancel a class you have booked then please email us and we can cancel your booking, if you let us know another class you can attend instead of the cancelled session we can then book another class for you as a make-up class.

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Please note, cancelled classes cannot be simply carried over to the following week at the same class day/time, cancelled sessions need to be made up at a different session to your regular class(es). Make up classes for cancellations, need to be booked within the same course period, i.e. make up sessions expire at the end of the course whether used or not. However, if a class is cancelled towards the end of a course (two weeks or less) then a two week extension will be offered to allow the make up class to be completed within the following course period. **Please note that the 24 hour cancellation policy will be strictly adhered to.**

Waitlist:

If a class you want to book is full, you can opt to go onto the wait-list. We will email you when a space becomes available, please then confirm that you still wish to attend. If we receive a cancellation close to the class start time, and more than one person is on the wait list, then all those on the wait-list will be notified and the first to confirm they wish to attend will be booked into the class.

Private Studio Sessions

Studio address: Highfield, Petridgewood Common, Redhill Surrey, RH1 5JJ

1:1 and 2:1 private sessions

We hold 1:1 sessions in our own private studio at our home address. These sessions are booked and paid for in advance and the same policies apply regarding cancellation and refund as for our group classes (please see below, terms and conditions and refund and cancellation policy). We also offer 2:1 sessions where you share a private appointment with a family member or friend. You secure a small discount on the standard price of our studio sessions by purchasing a block of 5 sessions or more.

Pre-course 1:1 session:

A pre-course 1:1 is a great introduction to Pilates; book a 1:1 session at the same time as your group class purchase, (minimum five group classes) and you receive a small discount on the price of your 1:1 session.

Small group reformer:

Body-Torque now offer small group reformers sessions in our private studio; these are shared sessions with a maximum of three participants. These sessions run as a short course and you will be required to commit to attending the whole course to enable the group to progress week on week. These classes are booked through the office. Please call for details.

Studio session prices:

1:1 individual session	£50
2:1 shared session	£55 (shared between two)
1:1 block (min 5 sessions)	£45 each
2:1 block (min 5 sessions)	£50 each (shared between two)
Pre-course 1:1	£45 (with group class bookings of 5 or more classes)
Small group reformer sessions	£25 each (block purchase)

All prices are subject to change without notice

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Group Class List

Saturday Morning	REIGATE	Bell Street Studios, 75 Bell Street	07.50 Metafit Interval Training 08.30 Pilates Barre 08.30 Pilates Intermediate 09.30 Pilates for Men Improvers 09.30 Pilates Improvers 10.30 Pilates for Men Beginners 10.30 Pilates Beginners/Ante & Post Natal
Monday Morning	DORKING	United Reformed Church, West Street	09.30 Pilates Gentle Improvers 10.30 Pilates Improvers 11.30 Pilates Improvers 12.30 Pilates Beginners
Monday Morning	REIGATE	Bell Street Studios, 75 Bell Street	09.30 Pilates Improvers 10.30 Pilates Beginners
Monday Evening	BETCHWORTH/ REIGATE	War Memorial Hall, Station Rd Betchworth Village	18.00 Pilates Improvers 19.00 Pilates Beginners 20.00 Pilates Intermediate 21.00 Metafit Interval Training
Tuesday Morning	REIGATE	Bell Street Studios, 75 Bell Street, Reigate	09.00 Pilates Intermediate 10.00 Pilates Beginners 11.00 Pilates Improvers
Tuesday Evening	REIGATE	Reigate Parish School, New Junior Hall, Blackborough Road	18.30 Pilates Improvers 19.30 Pilates Beginners 20.30 Pilates Improvers
Wednesday Morning	REIGATE	Bell Street Studios, 75 Bell Street	09.00 Pilates Intermediate 10.00 Pilates Barre
Wednesday Evening	REIGATE	Reigate Community Centre (Behind Morrisons) Room SR1	18.15 Pilates Improvers 19.15 Metafit Interval Training 19.45 Pilates Beginners 20.45 Pilates Intermediate
Thursday Morning	BEARE GREEN DORKING	Beare Green Village Hall Merebank, Beare Green	09.30 Pilates Improvers 10.30 Pilates Beginners
Thursday Evening	DORKING	United Reformed Church, West Street	18.30 Pilates Improvers 19.30 Pilates Beginners 20.30 Pilates Improvers
Friday Morning	BETCHWORTH/ REIGATE	Betchworth Village War Memorial Hall, Station Road, Betchworth	09.15 Pilates Intermediate 10.15 Pilates Improvers 11.15 Pilates Beginners

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TERMS & CONDITIONS 2018

BOOKING CONDITIONS

1. All classes are booked and are paid for in advance. Prices include VAT at the current rate.
2. Your place on a course is not confirmed until a payment has been received.
3. Refunds or credits are not normally given, but are at our discretion, in exceptional circumstances only.
4. All clients must complete the Registration Form and PAR-Q screening form (Physical Activity Readiness Questionnaire) before joining a course. This information will not be disclosed to any third party.
5. It is the client's responsibility to advise the instructor if there has been any change to their health, particularly if the change would mean that they can answer "yes" to any of the questions on the PAR-Q screening form. It is also the client's responsibility to advise of change of personal information on the registration form.
6. The minimum age of class attendees is 18 years. However, it is possible for younger clients to attend, but those under the age of 16 should be accompanied by an adult, those over the age of 16, but under 18 years of age will require written permission from a parent or guardian to attend a class unaccompanied.
7. **Disclaimer:** Whilst every care is taken to provide safe and effective exercise, participation in Body-Torque's group and 1:1 sessions is at your own risk, and you should make your teacher aware of any exercise or movement which causes you undue discomfort or you feel may lead to injury or aggravation of a pre-existing condition. Body-Torque and its employees and subcontractors, cannot be held responsible for injury, illness or accident however sustained by its clients or those partaking in its group or 1:1 activities, either during a class or whilst on Body-Torque's own premises or on any third party premises or any venue hired by Body-Torque. Clients are asked to divulge all relevant health conditions by completing a PARQ health questionnaire in advance of participation in group or 1:1 activities with us, and to keep us advised of any change in their individual health circumstances.

REFUND POLICY & CANCELLATION POLICY

1. We are a small company that care about the service we offer to our clients, we understand that sometimes plans change and you may need to cancel a booked session. However, in order that we can maintain the quality of service and tuition we provide it is essential that we have a clear and fair cancellation policy which is strictly adhered to.

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2. Should you need to cancel a booked class, you will be entitled to do another class in lieu of the cancelled session if you give us a **minimum** of 24 hours' notice. However, please give as much notice as possible, so your place can more easily be made available to another client.
3. If we do **not** receive a minimum of 24 hours' notice of cancellation, it will **not** be possible for a client to make up their missed class. This policy will be strictly adhered to.
4. Clients who cancel a class with more than 24 hours' notice will be entitled to do another class in lieu of the cancelled session; (subject to availability of space) These make up classes must be booked within four weeks of the cancelled class.
5. Missed sessions or classes that have not been cancelled with a minimum of 24 hours' notice will be charged as if attended and have no make-up class entitlement.
6. No refunds or credit will be issued for cancellations regardless of how much notice is given.
7. **Please note, cancelled classes cannot be simply carried over to the following week at the same class day/time, cancelled sessions need to be made up at a different session to your regular class(es).**
8. Make up classes for cancellations, need to be booked within the same course period, i.e. make up sessions expire at the end of the course whether used or not. However, if a class is cancelled towards the end of a course (two weeks or less) then a two week extension will be offered to allow the make up class to be completed within the following course period

N.B. By signing your booking form you are agreeing to be bound by these Terms and Conditions without equivocation. These Terms & Conditions are subject to change without notice.

Frequently Asked Questions

Is my teacher qualified:	Instructors are fully insured and qualified, details of qualification of each instructor can be found on our website.
Do I need to bring anything?	No, mats and all necessary equipment will be provided at each venue, although you may want to bring a towel and some water.
What should I wear?	Loose, comfortable clothing is best, e.g. T-shirt and light-weight trousers or leggings etc. Hard buttons, zips, seams and things that dig in can be uncomfortable. Shoes are not required for Pilates, but socks are.
Can I park at the venue?	Please visit our web site and view venues by day or area to see parking instructions, venue addresses, and location maps.

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BODY-TORQUE PILATES LTD PRIVACY POLICY

last updated 20th May 2018

Our promise to you: We promise will never sell, distribute or lease your personal information to third parties, unless required by law to do so. Please remember, despite our best intentions, security measures and diligence, we can never guarantee the security of data, however stored or protected.

This privacy policy clearly explains how Body-Torque Pilates Ltd collects, uses and protects any information that you provide to us. Body-Torque Pilates Ltd is committed to ensuring that any information you provide to us, by which you can be identified, is securely protected. You can be assured that the information you provide to us will only be used in accordance with this privacy statement.

Body-Torque Pilates Ltd may change this policy from time to time, without notice, by updating this document. Therefore, please check occasionally to ensure that you are happy with any changes. This policy is effective from 20th May 2018.

How we collect information

Information can be collected online, in person, verbally over the telephone and in written form. In order that we can provide our service, before attending your first group class or 1:1 session, Body-Torque Pilates Ltd will require you to complete a paper registration form and a health screening questionnaire. If you book and/or purchase your classes online, you will also be required to create an online account for this purpose.

Online: Previously we have used an automated booking system called Mindbody as of 1st September 2018 we no longer take bookings through this system; however, if you have previously booked or given details on-line then the information below describes how that information is stored:

When registering online with us, you will be transferred to the Body-Torque Pilates Ltd area of the Mindbody website, which will process the information you supply. You should be aware that the information you give online will be processed and stored in accordance with the Mindbody [Privacy Policy](#) and [Terms](#). Please ensure you have read and accept Mindbody's privacy policy, along with any terms and conditions, before providing any personal data this way. Furthermore, you may choose to save your card payment details on the Mindbody system, please be aware that this information will also be stored in accordance with Mindbody's policy and terms.

E-mail: We use MailChimp as a tool for the distribution of group e-mails. These are for general information about class changes and updates and newsletters and are additional to personal e-mails we send you. When you subscribe to our mailing list, MailChimp will collect and store your e-mail details and you should therefore should be aware of MailChimp's [Privacy Policy](#).

Verbal/written: When you contact Body-Torque Pilates Ltd, we will ask for certain information about you to help us guide you to the most appropriate group class or studio session. This can be collected verbally on the telephone (where we take notes) or in person, or written in a letter/e-mail, or registration form and health questionnaire.

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What we collect

We may collect some or all of the following information along with additional information when considered relevant:

- name
- contact information including phone, email and home address
- contact information of a third party, in case of illness, or emergency
- relevant health information
- date of birth
- occupation
- contact preferences

Please note: Body-Torque Pilates Ltd do not collect or store payment information; bank or card details, if given, are destroyed after use.

What we do with the information we collect

We require this information to fully understand your needs and help us to provide you with a comprehensive service, and in particular for the following reasons:

- Assess and develop a personalised training plan for 1:1 sessions
- Ascertain an appropriate level of group exercise class
- Make teaching staff aware of any illness or injuries/contra indicated exercises
- Enable us to notify you of class changes
- Enable us to contact a nominated person if you are taken ill during a class
- Internal record keeping
- We may use the information to improve our products and services
- We may periodically send promotional emails, based on your selected preferences, covering news about class or staff changes, new products, special offers or other information which we think you may find interesting

Security

In accordance with GDPR guidelines on data protection, Body-Torque Pilates Ltd is committed to ensuring that the information submitted to us is kept secure. In order to prevent accidental or unauthorised, destruction, alteration, disclosure, access or misuse, we have put in place suitable physical, electronic and managerial procedures to safeguard and secure the information we collect. This includes locked cabinets/filing systems for paperwork, firewall and password protection for computers, mobile device and online systems. However, no security measures can be completely secure and Body-Torque Pilates Ltd cannot guarantee that information we hold may not be accessed, disclosed, altered, stolen or destroyed, by breach of our physical, electronic or managerial safeguards. We cannot ensure the security of any information you transmit to us, or store with us, or online with Mindbody and MailChimp and therefore you do so at your own risk.

Personal security settings: we cannot be held responsible for circumvention of any personal privacy settings or passwords you may set on your online account, or the actions of other online users you may choose to share your information with. We cannot guarantee that information you post, transmit or disclose will not be viewed by unauthorised persons.

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In the event of a security breach: We promise to take the following action:

- Ascertain the nature of the breach where possible
- Inform those affected by the breach as soon as possible
- Review and amend procedures to help prevent further breaches

Controlling your personal information

Your Choices: You may choose to restrict the collection or use of your personal information in the following ways:

- Whenever you are asked to fill in a form, look for the box that you can tick to indicate that you do not want the information to be used by anybody for direct marketing purposes. However, please bear in mind that this may also restrict us from sending you information about class changes and cancellations which may affect you
- If you have agreed to us using your personal information for direct marketing purposes, you may change your mind at any time by writing to or emailing us at danielle@body-torque.co.uk or using the [unsubscribe](#) link at the bottom of our emails.

Request for access, updates and corrections, deletions and retentions:

Access: You can access your personal information online at any time using your login and password where you can amend, update and correct your profile. To update data we hold in paper format, please email: danielle@body-torque.co.uk and we will update your information within a reasonable time frame. You may request details of personal information which we hold about you at any time. We will of course endeavour to provide information to you as soon as possible, but please allow 28 working days.

Updates and corrections: If you believe that any information we are holding on you is incorrect or incomplete, please email us as soon as possible at: danielle@body-torque.co.uk We will promptly amend any information as advised.

Data deletions and retention: We retain personal data collected while the user's account is active. Once an account is deactivated, we will retain data only whilst necessary to satisfy legislation, or where required to by law or in order to safeguard Body-Torque Pilates Ltd and its staff, employees or sub-contractors, against claims of misconduct or personal injury, or if we believe there is another legitimate reason to do so.

How we use cookies

We do not currently use cookies on our web site: www.body-torque.co.uk however, please be aware that other websites may use cookies. You can choose to accept or decline cookies. Most web browsers automatically accept cookies, but you can usually modify your browser setting to decline cookies if you prefer.

Links to other websites

Body-Torque Pilates website may contain links to other websites of interest. However, once you have used these links to leave our site, you should note that we do not have any control over those websites. Therefore, we cannot be responsible for the protection and privacy of any information which you provide whilst visiting such sites and such sites are not governed by this privacy statement. Please exercise caution and look at the privacy statement applicable to the website in question.

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