

Disclaimer

PROGRESSIVE PILATES
WITH SUE MERCER

On-line, Videos and Hall based classes.

HEALTH CAUTIONS

Date: March 2021

The classes provided by Susan Mercer are for educational purposes and to aid in Well Being only and not interpreted as recommendation for a specific treatment plan.

To reduce and avoid injury, if you have not already done so and feel it necessary, check with your doctor before beginning or continuing with the classes. By participating in the classes, you are doing so at your own risk. Progressive Pilates with Sue will not be responsible or liable for any injury or harm you may sustain because of participating in the Pilates Programmes.

Exercising is not without risks and this or any other exercise programme may result in injury. The exercise instruction and advice presented in the classes are in no way intended as a substitute for medical consultation.

As with any exercise programme, if at any point during the class you begin to feel faint, dizzy or have any physical discomfort, you should stop immediately and seek medical advice.

PLEASE TAKE NOTE OF THE FOLLOWING PRECAUTIONS BEFORE TAKING THE CLASS:

Please use good judgement and common sense when taking the class, consider your level and ability and choose the appropriate level of the exercises and rest when you need to.

Please ensure you are in a clear space with no obvious hazards, with ventilation, appropriate lighting, and access to water.

By signing below, you confirm to abide by the terms of this disclaimer.

All live and recorded content is the property of Progressive Pilates with Sue and is not to be shared with third parties.

DATE:

SIGNED: