**Introduction**

This document has been created by The Pressure Point for any visitors to our website [www.thepressurepoint.co.uk](http://www.thepressurepoint.co.uk). We, The Pressure Point, are committed to protecting and respecting your privacy, as well as being very fair with our Terms and Conditions. We recommend that you do not use any of our websites and go forward with any purchases if you do not agree with our Privacy Policy and Terms and Conditions.

**Site content**

Our sites contains information about us, The Pressure Point, as well as the events we offer, for example but not limited to pilates classes, courses, workshops and trainings.

Use of sight

You agree to not use our sites for any illegal or unauthorised purpose. You will not reproduce, reuse, duplicate, copy, sell, resell or exploit any portion of the site without permission from us.

**Please continue to read through our T&Cs for information:**

**Bookings:**

Booking an event on our website means you acknowledge and accept our Privacy Policy, Terms and Conditions and Cookies Policy, and upon booking you will be asked to sign and agree to all policies. Failure to do so means you will not be able to complete the transaction.

We reserve the right to refuse booking of any person we deem not to be suitable for the online hub.

 **MOJO - Pilates Video Hub:**

o   One-off payment memberships cannot be cancelled or paused during the time period of the pass.

o   Recurring memberships cannot be paused, but they can be cancelled at any time.

**Payment terms:**

Prices for our events will be shown on the appropriate information page on our site, on our booking management software and in any form of advertisement made by us. We try our very best to display accurate prices for our events, but take no responsibility if we have mistakenly shown an incorrect price. If any of the prices are inaccurate on our booking software, we will contact all customers who have booked onto that event. You will either be offered to pay the difference or redeem a full refund. We apologise if this causes any inconvenience.

 **Insurance:**

The Pressure Point possess valid insurance fit for the purpose of that particular event; however we strongly recommend you have your own insurance to cover you for injury, loss of personal belongings, cancellation and damages.

**Trademarks and Copyrights:**

All content on our websites, including but not limited to text, graphics, videos, logos and images, is the property of us or our suppliers, and is protected by copyright and other laws that protect intellectual property and proprietary rights. You agree to observe and abide by all copyright and proprietary restrictions.

 **Limitation of liability:**

·      We take great care in ensuring all of our events take place in a safe and secure environment.

·      If you practice via our Video Hub or YouTube channel, it is your responsibility to make sure your environment is safe to do so.

·      Under no circumstances do we take responsibility or are we liable for any injury to yourself or others, due to the use of any resources available on the site, our online videos, links from the site, or any events arranged by us.

·      You are participating voluntarily in our classes and events, both virtual, online and face-to-face, and you take full responsibility for your health and wellbeing. You affirm that you alone are responsible to decide whether to partake in events with us.

·      You recognise that Pilates requires physical exertion that may be strenuous and may cause physical injury, and you are fully aware of the risks and hazards involved.

·      You represent and warrant that you are physically fit and I have no medical condition that would prevent your full participation and you agree to assume full responsibility for any risks, injuries or damages, known or unknown, which you might incur as a result of participating.

·      Before our events, it is your responsibility to make sure all teachers and assistants are aware of any relevant medical information including, but not limited to injuries, pregnancy, post-pregnancy, low or high blood pressure, recent and historic surgeries, epilepsy, arthritis etc. to ensure the safety of, and the greatest benefits to yourself.

·      You understand your physical limits and know that your body is different to any one else’s. You will progress at your own pace, and you will not push yourself and increase the chance of injury. You will make appropriate adjustments to exercises that are given by us and stop immediately whenever you feel pain, discomfort or symptoms of a pre-existing condition.

·      Our events are not recommended and are not safe under certain medical conditions. To the best of your knowledge, you suffer from no medical or physical condition or disability that will or might increase the normal risks associated with exercise and/or your doctor has approved your participation in our online hub. If requested, you will complete a health and fitness questionnaire to the best of your knowledge and ability.

·      Our events are not a substitute for medical or psychological attention, examination, diagnosis or treatment.

·      If you are pregnant, could potentially be pregnant, or you are post-natal, you understand the risks involved for yourself and the child if you participate in our online hub.

·      Disclosure of sensitive information is not necessary, however we cannot be held liable for incidents resulting from information we have not been made aware of. If you would like to speak to someone privately please contact 07966570575 to do so in confidence.

**Legality:**

This policy shall be governed by and construed in accordance with English law, and any disputes relating to this policy or The Pressure Point events will be subject to the exclusive jurisdiction of the courts of England and Wales. If a section of this policy is determined by any court or other competent authority to be unlawful and/or unenforceable, the other sections of this policy continue in effect.

**Changes to this document:**

Changes to this document can be made at any time. If you continue to use our services, you agree with the current Terms and Conditions. This document was last updated on 12/7/20.

**Contact us:**

If there are any questions regarding this document, please contact us.
The Pressure Point,

Linden Grove, Coxhoe.

07966570575.