

The Reform Room – Disclaimer

Please read this disclaimer carefully before participating in any activity at The Reform Room.

1. Nature of Pilates & Inherent Risks

Pilates involves strength, flexibility, coordination, and use of equipment. Risks include muscle strain, sprains, falls, equipment-related accidents, and aggravation of pre-existing conditions.

2. Personal Responsibility for Safety

You participate voluntarily and are responsible for monitoring your own limits. Stop immediately and notify the instructor if you experience pain, discomfort, dizziness, or unusual symptoms.

3. Medical Conditions & Suitability

You confirm you are physically able to participate. If pregnant, post-surgery, or managing a condition, you have obtained medical clearance. Instructors are not medical professionals.

4. Equipment Use & Studio Conduct

Equipment must be used only as instructed. Follow all verbal cues, maintain awareness of others, and avoid participation under the influence of alcohol or impairing medication.

5. Release of Liability

You release The Reform Room, its owners, instructors, and staff from liability for injuries, accidents, or losses arising from participation, including equipment or facility conditions.

6. Photography & Media

The Reform Room may occasionally capture photos or short videos in group settings. You may opt out at any time by notifying the instructor beforehand.

7. Privacy & Data Handling

Only the minimum information required to record acceptance is collected. Information is securely stored, never shared, and may be accessed or deleted upon request.

8. Acceptance of Terms

By attending The Reform Room, you confirm you have read and accept all terms of this disclaimer and voluntarily assume all associated risks.

Privacy Notice:

Only minimal information required to record acceptance is collected. It is stored securely and never shared. You may request access or deletion at any time.