



FITNESS PILATES MASTERCLASS

Wednesday 13th May 2020

7.30pm - 8.30pm

Join Zoom Meeting

<https://us02web.zoom.us/j/85168414012>

Meeting ID: 851 6841 4012

If you have not yet set up your Zoom account please do so [HERE](#). Zoom is a 2 way streaming service and your camera will need to be switched on.

Whilst I may need to mute your microphones from time to time during the workouts you will have the opportunity to interact with others.

As a condition of your enrolment, you agree that you are physically capable of participating in the sessions and accept full and complete responsibility for your own participation in the sessions. You agree that should any medical or physical condition arise prior to or during a session which is likely to affect your ability to participate in a session you will not attend / will withdraw from the session.

Without limiting the foregoing, before taking part in any session you must answer NO to the following questions:

- Has your Doctor ever said you have a heart condition and you should only do physical activity recommended by a doctor?
- Do you feel pain in your chest when you do physical activity?
- In the past month have you had chest pain when you were not doing physical activity?
- Do you lose your balance because of dizziness or do you ever lose consciousness?
- Do you suffer with any bone or joint pain/discomfort?
- Is your Doctor currently prescribing drugs for blood pressure or heart condition?
- Are you pregnant or have been pregnant in the last three months?
- Do you know of any other reason why you shouldn't take part in physical activity?

If you answer YES to any of the above, you MUST seek advice from your doctor and email victoria@victoriajones.co.uk

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