



Stretch NI Studio Terms & Conditions

Please ensure that you are familiar with the following Terms and Conditions prior to attending classes at the Stretch NI Studio.

Membership & schedules

Our current timetable is available at www.stretchni.co.uk or at the studio. Timetables are subject to change at any time, although we will endeavour to contact those members affected if a class is cancelled or rescheduled.

Stretch NI reserves the right to change the price structure at any time. Stretch NI also reserves the right to have promotional offers for non-members.

Your practice

It is your responsibility to make the Stretch NI Studio aware of any medical conditions or physical problems which may restrict your practice. This should be done with a PAR-Q (Physical Activity Readiness Questionnaire) during your first visit. Your PAR-Q is valid for one year and is stored securely, in line with Data Protection legislation. If you need to make changes to it, please inform your teacher.

Please always make your teacher aware if you are suffering from any particular physical or emotional problems in order that he/she can take account of this during class.

Some styles of yoga are not advisable for those suffering from the following conditions:

- High or low blood pressure
- Neck or back injuries
- Hernias
- Glaucoma
- Epilepsy
- Hypertension

Clients who have undergone surgery recently and pre or post-natal ladies in particular are not advised to practice physically demanding forms of yoga/Pilates and MUST inform Stretch NI of their condition.

Stretch NI do NOT recommend that pre-natal ladies practice Pilates. However, it is an excellent post-natal exercise routine and we welcome ladies from 6 weeks' postpartum.

Stretch NI cannot be held responsible for ANY personal injury sustained during a class.

Please choose a class that best suits your ability. This way your practice will flourish and you will receive the full benefits of your class.

Try not to eat at least two hours before a class.

Before class

Please ensure that you book a place in class in advance and arrive on time for classes. Booked space cannot be guaranteed; if you are late your space will be given to someone else.

Please arrive at least 5 minutes before class starts and remember to check in with your Teacher, even if you have a class card. This gives you enough time to arrive at the studio, gather your thoughts and be mindful before practice.

Classes are closed to entry 10 minutes after the start time.

In the event of unforeseen circumstances you can cancel your scheduled class by text, by email or in person without charge at least 4 hours before the class.

Please note, we have a 24 hour cancellation policy (including Friday morning for a Monday morning appointment) for private sessions. This allows us to offer the time to another client who may be waiting.

All workshops carry a 48-hour cancellation policy, regardless.

A full fee is charged for appointments which are missed, forgotten or cancelled at short notice. Unattended sessions in pre-paid courses and workshops are not transferable or refundable.

In class

Dress comfortably in clothes you can move in and please leave your shoes in the reception area. Yoga is practised in bare feet. In Pilates, socks with grips provide great traction for safety and are the best choice for sanitary purposes. We have some for sale in reception. Do not wear heavy perfumes or scented lotions.

Stretch NI cannot be held responsible for items left in the reception area. Mobile phones must be turned off or switched to silent during class.

It is important to listen carefully to instructions, and that you never try to practice an unfamiliar pose/exercise without first practicing the appropriate preparatory poses or without the assistance of a teacher present. You may put yourself or other clients at risk of injury.

Holding inverted yoga poses such as head or shoulder stands at length should be avoided during menstruation.

If you choose to leave class before relaxation, or you arrive whilst another class is in progress, please consider others by keeping noise levels down while in the changing area.

When practising yoga you are encouraged to focus on the breath, but please don't hold your breath. Deep breathing may not feel natural at first, but with practice it will become second nature. When practising Pilates you are encouraged to practice thoracic breathing, inhaling through the nose and exhaling through the mouth.

Above all, enjoy!