

Health & Participation Waiver

Last updated: 2025-12-31

1. Scope of This Waiver

This Health & Participation Waiver applies to all customers participating in classes, courses, and training sessions offered by Pilates By Corinna at ROH Studio.

Acceptance of this waiver is required to participate in physical activities and is separate from payment and purchase terms.

2. Nature of the Activities

Pilates, matwork, yoga, and related activities involve physical movement, strength, flexibility, and balance exercises.

While these activities are generally safe when performed correctly, participation may involve inherent physical risks, including but not limited to muscle soreness, strain, or injury.

3. Health Declaration & Personal Responsibility

By participating in classes, the customer confirms that:

- They are in a physical condition suitable for participation in the selected activity
- They have no medical condition that would prevent safe participation, or they have obtained appropriate medical advice before participating
- They will inform the instructor before the class of any injuries, medical conditions, pregnancy, or physical limitations that may affect their participation

Customers are responsible for monitoring their own physical condition during classes and must stop exercising immediately if they experience pain, dizziness, or discomfort.

4. Medical Disclaimer

Classes and sessions offered by Pilates by Corinna at ROH Studio:

- Are not a substitute for medical treatment

- Do not constitute medical advice
- Are not intended to diagnose, treat, or prevent any medical condition

Customers are encouraged to consult a qualified healthcare professional if they have any doubts regarding their suitability for participation.

5. Instructor Guidance & Hands-On Correction

Some classes may involve verbal and/or hands-on correction to assist with posture, alignment, or technique.

By participating in classes, the customer acknowledges and consents to such instructional methods.

Customers may withdraw this consent at any time by informing the instructor.

6. Limitation of Liability (EU-Compliant)

Pilates by Corinna takes reasonable care to provide safe instruction and an appropriate training environment.

Nothing in this waiver excludes or limits liability for:

- Personal injury or death caused by negligence
- Gross negligence or willful misconduct
- Any liability that cannot be excluded under applicable law

Subject to the above, Pilates by Corinna shall not be liable for injuries or damages arising from:

- Failure to follow instructor guidance or safety instructions
 - Participation contrary to medical advice
 - Incomplete or inaccurate disclosure of relevant health information by the customer
 - Actions or negligence of other participants
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7. Assumption of Risk

The customer acknowledges that participation in physical exercise involves inherent risks that cannot be entirely eliminated, even with appropriate instruction and care.

By participating, the customer voluntarily accepts these inherent risks.

8. Insurance

Customers are responsible for ensuring that they have appropriate personal insurance coverage for participation in physical activities.

9. Governing Law

This waiver is governed by and interpreted in accordance with Danish law.

10. Acceptance

By creating an account, booking a class, or participating in any activity, the customer confirms that they have read, understood, and accepted this Health & Participation Waiver.