



Terms of Use

Effective Date: 17/01/2025

Welcome to Pilates With Natalia By accessing or using our Pilates classes, membership (Pilatese Pathway), and related services you agree to comply with and be bound by these Terms of Use. Please read them carefully.

1. Acceptance of Terms

By accessing our website, videos, or membership programs, you confirm that you:

- Are at least 18 years old or have the consent of a parent/guardian.
- Agree to abide by these Terms of Use and any updates we may post.

2. Health Disclaimer

- You understand and agree that any physical activity, including Pilates, involves a risk of injury. Consult a physician before starting any exercise program.
- The Services provided are not a substitute for professional medical advice, diagnosis, or treatment. If you experience discomfort or pain, stop immediately and seek medical advice.
- Participation in our Services is at your own risk.

3. Membership and Subscriptions

- **Access:** Membership provides access to exclusive classes, materials, and benefits as described on our website or platform.
- **Billing:** Subscriptions are billed monthly and renew automatically unless cancelled.
- **Cancellation:** You may cancel your membership at any time. Refunds are not provided for partial billing periods unless required by law.

4. Intellectual Property

- All content, including videos, images, text, and branding, is owned by Pilates With Natalia.
- You may not reproduce, share, or distribute our content without prior written consent.
- Membership grants personal, non-transferable access to the Services.

5. Prohibited Conduct

You agree not to:

- Share login credentials or allow unauthorized access to your account.
- Use the Services for commercial purposes without permission.
- Modify, copy, or distribute any content from our platform.

6. Disclaimers and Limitation of Liability

- The Services are provided without any warranties of any kind.
- Pilates With Natalia is not liable for injuries, damages, or losses arising from participation in the Services.
- To the extent permitted by law, our liability is limited to the amount paid for your subscription or class.

7. Privacy

Your privacy is important to us. Please review our Privacy Policy for details on how we collect, use, and protect your information.

8. Changes to Terms

We reserve the right to modify these Terms of Use at any time. Updates will be effective upon posting on our website. Continued use of the Services signifies your acceptance of the revised terms.

9. Governing Law

These Terms are governed by the laws of the United Kingdom without regard to conflict of law principles.

10. Contact Us

If you have any questions about these Terms of Use, please contact us at:

Email: info@nataliapilates.co.uk

By participating in our Pilates classes and memberships, you acknowledge that you have read, understood, and agreed to these Terms of Use.