



[Leeds Aerial Arts 2020]

Pre-Recorded Class Ts & Cs

This content is for the sole use of the customer who completed the checkout process.

It is forbidden to share this content with non-paying persons. It is not permitted to share the content with a group or to use the content as a teaching resource.

In participating in this class you acknowledge that you are accepting responsibility for your own health, safety and injury prevention. If you have any concerns which may affect your ability to participate you should contact your doctor before taking part.

Please practice in a safe and clear environment and work to your own limits. As the instructor is unable to offer physical support you are responsible for practicing in a controlled manner. It is your responsibility to ensure that you are sufficiently warm before taking part. If you do not feel warm enough to continue with the class, please pause the video and continue your warm up. The instructor is not responsible for any injury or damage caused as a result of following this content. This includes, but is not limited to, injuries as a result of incorrect technique, insufficient warm up, and over-exercising.

If you have any questions before continuing please contact lorna@leedsaerialarts.co.uk