

Zen Pilates Training

Terms of Website Use

Last Updated: September 2026

PLEASE READ THESE TERMS AND CONDITIONS CAREFULLY BEFORE USING THIS SITE

What's in These Terms?

These terms tell you the rules for using the Zen Pilates Training website at <https://www.zenpilatestraining.com/> ("our site").

These terms apply to all users and visitors to our site.

Who We Are and How to Contact Us

Our site is operated by **Zenny Middleton, a sole trader trading as Zen Pilates Training** ("we", "us" or "our") in England and Wales.

To contact us, please email hello@zenpilatestraining.com.

By Using Our Site You Accept These Terms

By using our site, you confirm that you accept these terms of use and agree to comply with them.

If you do not agree to these terms, you must not use our site.

These terms apply to your use of the website itself. Where you purchase a class, course, mentoring session, training programme or other product or service from us, additional terms may apply to that purchase.

There are Other Terms That May Apply to You

These terms of use refer to the following additional terms, which may also apply to your use of our site:

- Our **Privacy Policy**, which explains how we collect, use and protect your personal information.
- Our **Acceptable Use Policy**, which sets out the permitted and prohibited uses of our site.
- Our **Cookies Policy**, where applicable.
- Any **Terms and Conditions of Sale**, booking terms or specific terms provided in connection with a particular class, course, mentoring service, training programme, digital product or other purchase.

Where you purchase a product or service from us, the terms applicable to that particular purchase will also apply.

We May Make Changes From Time to Time

We may amend these terms from time to time.

Whenever you use our site, you should check this page to ensure that you understand the terms that apply at that time.

The date at the beginning of these terms shows when they were last updated.

We May Make Changes to our Site

We may update, change, suspend or remove content, features or functionality from our site from time to time.

We may also update information relating to our classes, courses, mentoring, training programmes, digital products and other services.

We do not guarantee that all content will always be available or remain unchanged.

We May Suspend or Withdraw our Site

We do not guarantee that our site, or any content on it, will always be available or uninterrupted.

We may suspend, withdraw or restrict the availability of all or any part of our site for business, technical, security or operational reasons.

Where reasonably possible, we will try to give appropriate notice of significant planned interruptions.

You Must Keep Your Account Details Safe

If you create an account with us, or are provided with a user identification code, password or other security information, you must keep this information confidential.

You must not share your login details or allow another person to access content or services that have been purchased or provided specifically for you.

If you know or suspect that someone else has obtained your login details, you should notify us promptly.

We may disable an account, password or access code where we reasonably believe that these terms have been breached or where this is necessary for security reasons.

How You May Use Materials on our Site

We are the owner or licensee of the intellectual property rights in our site and in the material published on it, including written content, photographs, graphics, videos, Pilates teaching resources, course materials and other educational content.

These works are protected by copyright and other intellectual property laws. All such rights are reserved.

You may view, print or download reasonable extracts from our site for your own personal and non-commercial use, provided that you do not alter the material and that you do not remove any copyright or other proprietary notices.

You must not:

- Copy, reproduce, republish or distribute substantial parts of our website or its content.
- Reproduce, sell, licence or commercially exploit our content without our prior written permission.
- Copy, share, distribute or reproduce paid or restricted-access video classes, courses, tutorials, manuals, teaching resources or other educational materials unless we have expressly permitted you to do so.
- Share your account, password, course access or private links with another person.
- Use our educational materials to create, support or deliver your own course, training programme or educational product without our prior written permission.
- Record or reproduce online classes or other paid digital content without our permission.
- Upload our content to another website, social media platform, file-sharing service or learning platform.
- Remove, obscure or alter copyright, trade mark or other ownership notices.

Where you are permitted to download a resource for personal use, this does not transfer ownership of that resource to you.

Pilates Classes and Educational Content

Our site may provide access to Pilates classes, recorded classes, exercise demonstrations, Pilates education, teacher resources, mentoring information and other fitness or educational content.

This content is provided for general educational and informational purposes and is not a substitute for individual medical, physiotherapy or healthcare advice.

Pilates exercises and classes may not be suitable for everyone.

If you are unsure whether Pilates or a particular exercise is appropriate for you, particularly if you have an injury, medical condition or other health concern, you should seek appropriate advice from a qualified healthcare professional before participating.

When taking part in an online or recorded class, you are responsible for working within your own abilities and making appropriate choices about modifications, rest and participation.

Where a separate disclaimer or specific participation requirements are provided for a particular class or service, those terms also apply.

Information on our Site

The content on our site is provided for general information and educational purposes.

We make reasonable efforts to ensure that information published on our site is accurate and kept reasonably up to date. However, we do not guarantee that all information will always be complete, accurate or current.

You should not rely solely on information provided on our site when making decisions about your health, training, qualifications, professional practice or other matters where specialist advice may be required.

We are not Responsible for Websites we Link to

Where our site contains links to other websites, resources or services provided by third parties, these links are provided for information and convenience only.

A link does not necessarily mean that we endorse or recommend the linked website, service or information.

We do not control third-party websites and are not responsible for their content, availability, security, privacy practices or terms.

You should review the terms and privacy policies of any third-party website you visit.

Our Responsibility for Loss or Damage Suffered by You

We do not exclude or limit our liability where it would be unlawful to do so.

This includes liability for death or personal injury caused by our negligence, fraud or fraudulent misrepresentation, or any other liability that cannot legally be excluded or limited.

Subject to the above, we will not be responsible for losses that were not reasonably foreseeable or that arise from your failure to comply with these terms or any applicable terms relating to a particular product or service.

Different limitations and exclusions of liability may apply to the purchase of classes, courses, digital products, mentoring or other services and will be set out in the relevant terms applicable to that purchase.

Nothing in these terms affects your statutory rights as a consumer.

Uploading or Submitting Content

Where our site allows you to submit content, including reviews, testimonials, comments, questions or other material, you remain responsible for the content that you submit.

Any content you submit must comply with our Acceptable Use Policy.

You must not submit content that:

- Is unlawful, defamatory, abusive, threatening or discriminatory.
- Infringes another person's intellectual property or privacy rights.
- Contains malicious software or harmful material.
- Impersonates another person or falsely suggests an association with Zen Pilates Training.
- Contains confidential information belonging to another person or organisation without permission.

We reserve the right to remove content that we reasonably believe breaches these requirements.

We are not Responsible for Viruses and You Must Not Introduce Them

We do not guarantee that our site will always be secure or free from bugs or viruses.

You are responsible for using appropriate security measures and virus protection when accessing our site.

You must not misuse our site by knowingly introducing viruses, malware, Trojan horses, worms, logic bombs or other harmful or technologically damaging material.

You must not attempt to gain unauthorised access to our site, the server on which it is stored, or any server, computer or database connected to it.

You must not attack our site using a denial-of-service attack or distributed denial-of-service attack.

Any breach of these provisions may constitute a criminal offence. We may report suspected unlawful activity to the relevant authorities and cooperate with law enforcement where required.

Rules About Linking to our Site

You may link to our homepage or other pages of our site provided that:

- You do so in a fair and lawful manner.
- You do not damage our reputation.
- You do not suggest that we endorse, approve or are associated with you or your organisation where no such relationship exists.
- The website containing the link complies with applicable law and our Acceptable Use Policy.

You must not frame our site within another website or create the impression that our content belongs to another website or organisation.

We reserve the right to withdraw permission to link to our site where appropriate.

Which Country's Laws Apply to Any Disputes?

These terms of use, their subject matter and their formation are governed by the law of **England and Wales**.

You and we agree that the courts of England and Wales will have jurisdiction over any dispute arising in connection with these terms, subject to any mandatory rights you may have as a consumer under applicable law.