

## Zen Pilates Training

### Website Acceptable Use Policy

**Last Updated:** September 2026

This Acceptable Use Policy sets out the terms under which you may access and use the Zen Pilates Training website at <https://www.zenpilatestraining.com/> ("our site").

This policy applies to all users and visitors to our site. By using our site, you agree to comply with this Acceptable Use Policy and our **Website Terms and Conditions**, which together govern your use of our site.

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

#### Prohibited Uses

You may use our site only for lawful purposes and in accordance with this policy.

You must not use our site:

- In any way that breaches any applicable local, national or international law or regulation.
- In any way that is unlawful, fraudulent or intended to facilitate unlawful or fraudulent activity.
- For the purpose of harming, exploiting or attempting to harm or exploit any person, including children.
- To upload, transmit, distribute or otherwise make available any material that does not comply with these standards.
- To transmit, or procure the sending of, any unsolicited or unauthorised advertising, promotional material or other form of similar solicitation ("spam").
- To knowingly transmit, upload or distribute any viruses, Trojan horses, worms, spyware, malware, ransomware or other harmful or malicious software or code.
- To attempt to gain unauthorised access to our website, server, hosting environment, accounts, databases or any systems connected to our site.
- To interfere with or disrupt the operation, security or functionality of our site.
- To use our site to collect, obtain or misuse another person's personal information without their permission.

#### Use of our Content

The content available on our site, including but not limited to written materials, photographs, graphics, videos, Pilates teaching resources, course materials and other educational content, is provided for your personal and/or authorised use only.

Unless expressly stated otherwise, the content on our site is owned by or licensed to Zen Pilates Training and is protected by applicable intellectual property laws.

You must not:

- Reproduce, copy, modify, distribute, publish, sell, licence or commercially exploit any content from our site without our prior written permission.
- Download, record, reproduce or redistribute paid or restricted-access video classes, courses, tutorials, teaching resources or other educational materials except where this is expressly permitted.
- Share login details, passwords, course access links or other restricted-access materials with another person.
- Upload, reproduce or distribute our course materials or teaching resources on another website, platform, social media account or educational programme without our permission.
- Use our content to create or deliver your own training course or educational product without our prior written permission.
- Remove or alter any copyright, trade mark or other proprietary notices contained within our content.

Nothing in this policy prevents you from using our site or its content in a way that is permitted by applicable law.

### Website Security and Access

You must not:

- Attempt to gain unauthorised access to any part of our site.
- Attempt to circumvent any security, access or authentication measures.
- Introduce any malicious or harmful material to our site.
- Interfere with, damage or disrupt any part of our site or the systems used to operate it.
- Use automated systems, bots, scraping tools or other methods to systematically copy or extract substantial amounts of content from our site without our prior written permission.

We may restrict, suspend or terminate access to parts of our site where we reasonably believe that these provisions have been breached.

### User Contributions

Where our site allows you to submit, upload or share material, including comments, reviews, testimonials, questions or other contributions (“contributions”), you are responsible for ensuring that your contributions comply with this policy.

Contributions must:

- Be accurate where they state facts.
- Represent your genuine views and opinions.
- Comply with applicable UK law and any other applicable law.

Contributions must not:

- Contain material that is defamatory, obscene, offensive, hateful or inflammatory.
- Promote violence, discrimination or illegal activity.

- Contain sexually explicit material.
- Infringe another person's copyright, trade mark, database rights, privacy rights or other intellectual property rights.
- Breach a legal duty owed to another person, including a duty of confidentiality.
- Be threatening, abusive, harassing or intended to cause unnecessary distress, embarrassment, annoyance or anxiety.
- Impersonate another person or falsely suggest that you are associated with or representing Zen Pilates Training.
- Contain malicious software, links or other material that could compromise the security of our site or another person's device.
- Be used to promote products, services or businesses without our permission.

We reserve the right to remove or refuse to publish any contribution that we consider to breach this policy or that we consider inappropriate for our website.

### **Pilates and Educational Content**

Our website may contain Pilates classes, exercise demonstrations, educational information, teaching guidance and other fitness-related content.

This content is provided for educational and informational purposes and does not constitute individual medical, physiotherapy or healthcare advice.

Where you participate in an online class or use recorded Pilates content, you are responsible for exercising within your own abilities and for seeking appropriate professional advice where necessary.

You should not rely on information on our site as a substitute for advice from a suitably qualified healthcare professional.

### **Links to Other Websites**

Our site may contain links to third-party websites or services.

These links are provided for convenience and information only. We do not control or necessarily endorse the content, security, privacy practices or availability of third-party websites.

Your use of third-party websites is subject to their own terms and policies.

### **Suspension and Termination**

We will determine, acting reasonably and where appropriate, whether there has been a breach of this Acceptable Use Policy.

If you breach this policy, we may take appropriate action, which may include:

- Suspending or withdrawing your right to use our site.
- Restricting or removing access to online content, courses or resources where permitted under the relevant terms.

- Removing material or contributions that you have uploaded.
- Issuing a warning.
- Taking legal action where appropriate.
- Reporting unlawful activity to the relevant authorities where we reasonably believe this is necessary.

We may also take any other action that we reasonably consider appropriate to protect our website, business, users or third parties.

### Changes to this Acceptable Use Policy

We may update this Acceptable Use Policy from time to time.

Any changes will be published on this page and will take effect from the date stated at the beginning of the updated policy.

You should check this page periodically to ensure that you are aware of the current version.

### Contact

If you have any questions about this Acceptable Use Policy, please contact Zen Pilates Training through the contact details provided on our website.