

# Regulations of individual and group trainings

**Studio:** Pilates Boys – Adrian Radwański & Patryk Nowak

**Date:** 2025

## §1 GENERAL PROVISIONS

1. Individual and group trainings (hereinafter referred to as "Trainings") are conducted by Teachers, including:
  - 1) owners of the Studio and master teachers conducting CPTTP (Classical Pilates Teacher Training Program) trainings: Adrian Radwański and Patryk Nowak,
  - 2) other teachers: Olga Konieczna, Weronika Trofimiuk, Monika Kaczmarek, Jolanta Kazimierowicz, Anna Jeżyk, Paulina Kukiela, Martyna Przybyszewska, Ulyana Zaruba, Aleksandra Łuczak, Jakub Lange.
2. The owners of the Studio run a business under the name:
  - 1) Patryk Nowak Studio (NIP: 7661983902),
  - 2) Adrian Radwański Studio (NIP: 6972364141).
3. This document (hereinafter referred to as the "Terms and Conditions") constitutes the regulations within the meaning of Article 384 of the Civil Code and defines the rights and obligations of the parties to the contract for the provision of training services, of which it is an integral part.
4. Trainings are conducted in two locations:
  - Jana Henryka Dąbrowskiego 27, 60-840 Poznań,
  - Katowicka 35/123, 61-131 Poznań.
5. The studio also conducts online trainings through the platform **Zoom**.

## §2 STATE OF HEALTH AND FORMALITIES

1. The condition for admission to participate in the Trainings is the absence of medical contraindications .
2. By purchasing the Training, you agree to the Terms and Conditions.
3. The Client is obliged to follow the Teacher's instructions during classes.
4. The teacher is not responsible for the health consequences resulting from improper execution of instructions.
5. In case of doubts about the Client's health, the Teacher has the right to refuse to conduct the Training or to interrupt it. Resumption of participation may require the presentation of a medical certificate.
6. A client who withholds information about his health condition may be excluded from the Training without the right to a refund of the fees paid.
7. In a situation where the Teacher decides that the Client should not continue group classes, the Studio may offer to transfer the Client to mini groups or individual trainings – for the sake of safety and optimal development.
8. During the first Training, the Teacher conducts with the Client A detailed interview about your health and training goals.

9. By signing the Client, the Client confirms the acceptance of the Terms and Conditions and the willingness to participate in trainings in the Pilates Boys Studio.

10. The collected information and signed documents are stored in the **Fitssey system** in the Client's account and in the "Documents" tab in the form of

Scan. After their introduction, the paper version is destroyed. The documents are available only to the Studio's employees.

11. The Client participates in the Trainings at their own risk. The studio recommends a medical consultation in case of any doubts about your health.

### §3 RULES OF PARTICIPATION IN CLASSES

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1. Each new Client starts their participation in Pilates trainings with a **starter package** in the selected form:

- 1) **two individual sessions** – PLN 350,
- 2) **two sessions in a mini group of 2** – 257,50 PLN/person,
- 3) **two sessions in a mini group of 3** – 225 PLN/person.

2. Starter packs are valid for 14 days from the first training session.

3. After the second training, the Teacher recommends the next path: sessions individual, mini groups, groups of 4-5 people (**Full Studio**) or 12 people (mat).

4. The workout lasts 50-55 minutes (Full Studio, individual and mini group), 40-45 minutes (Mat).

5. The dates are agreed directly with the Studio.

6. It is recommended to arrive at least 5 minutes early.

7. Cancellation of the Training is possible 24 hours in advance. Otherwise, the classes are considered to have been conducted.

8. Being late for the Client shortens the Training time. Being late for the teacher results in extending classes to full time.

9. Absence from the Training is treated as a conducted class.

10. Sports clothing **that does not restrict movement, without sharp elements (zippers, buttons)** is required.

11. The Client is obliged not to **cream or embalm the body 12 hours before the Training**.

12. It is mandatory to exercise **barefoot or in socks with non-slip elements**.

13. It is recommended to eat a meal one hour before the class. In the case of problems with sugar management The customer should have a glucometer and a snack.

14. The teacher may cancel or postpone the Training for personal reasons.

15. It is forbidden to smoke, consume alcohol, use drugs and participate in an intoxicated state. Violation results in exclusion from classes without the right to a refund of fees.

16. Booking a Training does not mean booking the entire Studio.

17. Participation in mini group and group classes requires **permanent registration**. This means that the Client reserves a permanent place in the group, and packages (passes) are extended automatically.

18. Resignation from participation in **a mini group or group** should be reported in the form of an e-mail to the following address: **pilatesboys@gmail.com**, no later than 14 days before the end of the season ticket.

19. Failure to register within this period results in automatic calculation of the fee for the next started pass.

20. Permanent registration in mini groups and groups gives the client a guarantee of space,

therefore, timely reporting of resignation is the Client's responsibility and allows for the freeing up of space for other participants.

21. The Client is responsible for damages resulting from improper use of the

equipment or failure to comply with the rules of the Studio. In the event of damage, Studio has the right to invoke the Client's

liability and charge him with the costs of repairing or restoring the damaged property.

## §4 PAYMENTS AND PASSES

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1. Payments for Trainings and packages are made in advance, no later than on the day of the first Training.
2. The pass starts:
  - 1) on the day of the first Training,
  - 2) or on the day of the scheduled first Training after the automatic extension of the pass.
3. Each Client has the right to a one-time extension of the validity of the pass by 14 days once a calendar year.
4. Price list of one-time workouts:
  - 1) Individual training:
    - Adrian & Patryk - 250 PLN
    - Other teachers - 220 PLN
  - 2) Mini groups of 2 people:
    - Adrian & Patryk - 200 PLN/person
    - Other teachers - 175 PLN/person.
  - 3) Mini groups of 3 people:
    - Adrian & Patryk - 175 PLN/person
    - Other teachers - 150 PLN/person.
  - 4) Calisthenics groups session – 60 PLN
  - 5) Calisthenics individual session – established individually with trainer
5. Price list of packages (4 sessions), valid for 30 days:
  - 1) Individual training:
    - Adrian & Patryk - 9000 PLN
    - Other teachers - 800 PLN
  - 2) Mini groups of 2 people:
    - Adrian & Patryk - 700 PLN /person
    - Other teachers - 625 PLN / person
  - 3) Mini groups of 3 people:
    - Adrian & Patryk - 585 PLN/person
    - Other teachers - 515 PLN/person.
  - 4) Calisthenics groups session – 200 PLN
  - 5) Calisthenics individual session – established individually with trainer
6. Price list of group trainings (validity: 28 days):
  - Mat - 4 sessions - 240 PLN
  - Mat - 8 sessions - 400 PLN
  - Full Studio - 4 sessions - 420 PLN
  - Full Studio - 8 sessions - 750 PLN
  - Full Studio - 12 sessions - 1050 PLN
  - Mixed package: Mata 4 sessions + Full Studio 4 sessions - 575 PLN
7. Promotions and discounts:
  - 1) Senior discount: -20% for people over 60 years old.
  - 2) Discount for people with a disability certificate: -20%.
  - 3) Happy Hours (14:00-16:00):
    - Full Studio: -15%
    - Individual and mini groups: -10% (excluding trainings with Patryk & Adrian)
  - 4) Promotions do not combine with each other

## §5 WAIVERS AND LIABILITY

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1. Resignation from participation in mini groups and groups should be reported only by e-mail to the following address: **pilatesboys@gmail.com**.
2. The cancellation must be submitted no later than 14 days before the end of the season ticket. Failure to register results in the calculation of a fee for the next started pass.
3. A permanent record gives the customer a guarantee of space. Timely cancellation allows you to free up space for other participants.
4. The Client shall be liable for any damages resulting from misuse of equipment or failure to comply with Studio rules. The Studio has the right to charge the Client with the costs of repair or restoration of the damaged Property.

## §6 FINAL PROVISIONS

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1. The Studio reserves the right to make changes to the Terms and Conditions.
2. The Client is obliged to follow the current content of the Terms and Conditions.
3. The regulations are available on the [www.pilatesboys.pl](http://www.pilatesboys.pl) website.
4. Complaints regarding services should be submitted only by e-mail to the following address: **pilatesboys@gmail.com**. The studio considers complaints within 14 days from the date of their receipt.

## §7 PERSONAL DATA PROTECTION (GDPR)

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1. The administrator of the Clients' personal data is the Pilates Boys Studio, run by Patryk Nowak and Adrian Radwański.
2. Clients' personal data are processed for the purpose of providing services, financial settlements and communication related to the Trainings.
3. The legal basis for data processing is the service agreement and the Client's consent.
4. The data is stored in the **Fitssey system** in the Client's account and in the "Documents".
5. Interviews and statements of Clients are archived in electronic form. After digitizing paper documents, their originals are immediately destroyed.
6. Only Studio employees have access to the data.
7. The Client has the right to inspect, rectify, limit processing, transfer and request deletion of data to the extent provided for by law.
8. The data is not made available to third parties, with the exception of entities authorized under the law.
9. Contact in matters related to data protection and the Studio's activities: e-mail **pilatesboys@gmail.com**, tel. **+48 570 253 440**, address correspondence: **27 Jana Henryka Dąbrowskiego Street, 60-840 Poznań**.
10. Personal data are stored for the period of provision of services and for the period required by tax and civil law (maximum 3 years after the end of the provision of services)



