



ZES BOUTIQUE STUDIO  
Reformer Pilates Fysio Massage

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## ZES TIP NR 1

1. Arrive about 10 minutes before the start of your first session so that you can familiarise yourself with the studio and changing room. We would also ask you to complete the PARQ form so that we can see whether we can train you safely and to be better informed of any physical complaints; You can mail this form to: [contact@zes-maastricht.com](mailto:contact@zes-maastricht.com) or bring it with you the first time (email for separate PARQ forms for teens and elderly if applicable). ZES likes to work in good cooperation with health specialists and /or medical specialists, so always ask these medical experts for permission in advance if you are unsure whether you can do Reformer Pilates. When in doubt, we advise you to consult a medical specialist in advance; unfortunately, in case of doubt, we will have to postpone your first Reformer session until you have a "go" from the Physio or other medical specialist. We also refer you to the disclaimer of ZES Boutique Studio.