



ZES BOUTIQUE STUDIO
Reformer Pilates Fysio Massage

ZES TIP NR 6

6. It is important to follow the instructions of the instructor for your own safety and to prevent injuries. Always indicate to your instructor before the start of each session if there has been a change in your health situation so that the instructor can determine how he / she can adjust the session for you and whether a session is responsible. If the instructor does not consider it responsible and safe, he / she can advise you to see a medical specialist before participating in a session. This is purely in the interest of your own health and safety as our motto at ZES is "train safe and effective".