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We are registered under the Data Protection Act 1984.

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All emails and newsletters from our sites allow you to opt out of further mailings.

Fitness and Health:

Clients are advised to seek medical advice before taking exercise, if they have any concerns over their physical condition. It is the client responsibility to ensure that they are capable of undergoing a routine of exercises provided during the sessions

Dress:

Clients are requested to wear appropriate clothing to allow full movement during their sessions.

Pilates Evolved Ltd

Company Reg Number: 08684636

Registered Office: Pavilion View, 19 New Road Brighton BN1 1EY