



Restore I & Restore II by Clo Movement

Terms & Conditions

Clo Movement

Clo Movement Coaching Services

Trade Licence: 1624105

Dubai, United Arab Emirates

1. About Restore I & Restore II

Restore I and Restore II are postnatal exercise and rehabilitation programmes designed to support women in their return to movement, strength and exercise following pregnancy and childbirth.

Clo Movement's programmes are informed by current postnatal rehabilitation principles and, where appropriate, Clo Movement may refer a participant to an independent women's health or pelvic health physiotherapist for further assessment or individual support.

Any physiotherapist or other healthcare professional to whom a participant is referred is an independent practitioner and is not engaged, employed or supervised by Clo Movement. Clo Movement is not responsible for the advice, assessment or treatment provided by any such professional.

Restore I and Restore II are exercise and fitness programmes and **do not constitute medical care, physiotherapy, medical diagnosis or treatment.**

The programmes are designed to complement, and not replace, individual medical or healthcare advice.

By booking and paying for a Restore I or Restore II course, you confirm that you have read, understood and agreed to these Terms & Conditions.

2. Booking & Payment

- Payment must be received in full in order to confirm and reserve your place on a Restore I or Restore II course.
- Places are limited and are allocated on a first-paid, first-confirmed basis.
- By completing payment, whether online or by another accepted payment method, you confirm that you have read and accepted these Terms & Conditions.
- Course dates, times, venue and duration are confirmed at the time of booking.
- Your booking is for the specific course, dates and time stated at the time of purchase and cannot automatically be transferred to another course, time or venue.

3. Cancellation & Refund Policy

- Course fees are **non-refundable once the booking has been confirmed**, except where otherwise required by applicable law or expressly agreed by Clo Movement.
- When purchasing a course, you agree to the course dates, times and terms applicable to that booking.
- Cancelling a booked course or choosing not to attend does not automatically entitle you to a refund or transfer to a future course.
- Missing a class does not entitle you to a refund.



- Any credit offered by Clo Movement is personal to the participant and may not be transferred to another person unless expressly agreed.

4. Class Attendance, Online Support & Recordings

Restore I and Restore II are 5-week programmes with two sessions per week, designed primarily to be attended in person.

To support mothers who may occasionally be unable to attend in person, Clo Movement provides the following additional support:

- A dedicated WhatsApp group will be created for each course, for participants who consent to join. Participants who do not wish to join the WhatsApp group may request programme updates by email instead.
- Where a participant is unable to attend a scheduled class in person, she may have the option to join the class online, subject to the technical availability of the session.
- Classes may be recorded and, where appropriate, the recording may be shared with participants who were unable to attend either in person or online. Recordings are used only to enable participants to catch up on missed sessions.
- Online participation and access to recordings are provided as a supportive option to facilitate attendance, particularly for mothers whose circumstances may occasionally prevent them from attending in person.
- The programme is designed and programmed primarily for in-person participation, and online attendance or access to recordings should not be considered a replacement for regular in-person attendance.
- Online participation and recordings are subject to availability and technical limitations and cannot be guaranteed for every session.
- Access to recordings is personal to the enrolled participant and recordings must not be shared, copied or distributed.
- The WhatsApp group is intended for programme communication and general exercise-related guidance. It is not a channel for medical advice, diagnosis or urgent health concerns. Participants should contact their healthcare professional directly regarding medical or postnatal health concerns.
- No make-up classes are available for Restore I or Restore II.

Participation in the WhatsApp group, online classes and access to recordings is subject to the data protection terms set out in Clause 13 (Data Protection & Confidentiality).

5. Eligibility & Medical Clearance

Restore I is designed for participants who have received medical clearance to return to exercise following childbirth, typically confirmed at your postnatal check (usually around 6 weeks after birth, or as advised by your doctor or midwife following a caesarean section or complicated delivery).

Before attending your first Restore I class, you must complete Clo Movement's Health Declaration Form, confirming your date of birth of baby, mode of delivery, and any relevant medical or postnatal complications.

If you have not yet had your postnatal check, or if your doctor, midwife or physiotherapist has advised against exercise, you should not attend until you have received clearance to do so.



Before progressing from Restore I to Restore II, you must complete an updated Health Declaration Form confirming whether there has been any change in your circumstances that would affect your participation.

Clo Movement may decline or postpone a participant's attendance or progression where a completed Health Declaration Form has not been provided, or where the information given indicates that participation may not be appropriate at that time.

6. Restore I & Restore II Progression

Restore I and Restore II are separate programmes designed to support different stages of the postnatal return to exercise.

The instructor may provide guidance regarding whether a participant is ready to progress from Restore I to Restore II.

Participation in Restore II is not automatically guaranteed following completion of Restore I. Progression may depend on the participant's individual circumstances, recovery, ability and the instructor's professional assessment within the scope of the programme, and is subject to Clause 5 (Eligibility & Medical Clearance).

Where appropriate, participants may be advised to seek clearance or guidance from their healthcare professional before progressing.

7. Postnatal Health & Medical Considerations

Your safety and wellbeing are our priority.

Before participating in Restore I or Restore II, you are responsible for ensuring that exercise is appropriate for you following pregnancy and childbirth.

You agree to:

- Inform Clo Movement of any relevant medical condition, injury, surgery, birth-related complication or other health concern that may affect your ability to participate safely, and keep your Health Declaration Form up to date.
- Inform the instructor of any relevant change in your health during the course.
- Follow any medical advice or restrictions provided by your doctor, physiotherapist, midwife or other qualified healthcare professional.
- Work within your own abilities and recovery level.
- Inform the instructor if an exercise causes pain, discomfort, pressure, heaviness, leaking or any other concerning symptom.
- Stop exercising and seek appropriate medical advice if you experience symptoms that cause concern.

If you have been advised by a healthcare professional not to exercise, you should not participate until you have been advised that exercise is appropriate.

Clo Movement may request that a participant modify, pause or discontinue participation where there is a reasonable concern regarding her safety or wellbeing.

You agree to indemnify Clo Movement against any loss, liability or cost arising from inaccurate or incomplete health information provided by you, except to the extent this results from Clo Movement's own negligence or wilful misconduct.

8. Participation & Instructor Guidance



Restore I and Restore II are designed to support a progressive return to strength and movement following pregnancy and childbirth.

Every woman's postnatal recovery is different. Exercises may therefore be modified according to individual needs, ability and stage of recovery.

Participants are expected to:

- Follow reasonable instructions provided by the instructor.
- Work within their own capabilities.
- Communicate openly with the instructor about discomfort, symptoms or concerns.
- Avoid pushing through pain or symptoms.
- Follow exercise modifications provided by the instructor.

The instructor may modify or replace an exercise where appropriate.

Participation in Restore I or Restore II does not replace individual assessment or treatment from a healthcare professional.

9. Class Cancellation or Changes by Clo Movement

Clo Movement may occasionally need to cancel, reschedule or change a class due to circumstances outside its reasonable control ("Force Majeure"), including but not limited to:

- Venue closure or unavailability
- Instructor illness or unavailability
- Safety concerns
- Government requirements
- Venue requirements
- Other unforeseen circumstances

Where Clo Movement cancels a class, a suitable make-up class or alternative arrangement will be offered where reasonably possible.

Clo Movement will not normally provide a cash refund for an individual class cancelled due to Force Majeure where a suitable make-up or alternative arrangement is provided.

Where a class cannot reasonably be rescheduled or an alternative arrangement cannot be provided, Clo Movement will determine an appropriate solution in accordance with applicable law and the circumstances of the cancellation.

10. Safety & Venue Requirements

For your safety, wellbeing and the safety of others:

- Participants must follow all reasonable safety instructions provided by the instructor and venue staff.
- Participants are responsible for monitoring their own wellbeing and physical condition throughout the session and for informing the instructor of any injury, health concern, postnatal complication or change in physical condition that may affect their ability to participate safely.
- Participants are responsible for listening to their body and respecting their own limits. No participant should feel obliged to perform an exercise that does not feel appropriate or comfortable for her.



- Participants must stop an exercise and inform the instructor if they experience pain, dizziness, unusual symptoms or any other concern during the session.
- Participants must use the equipment provided appropriately and as instructed.
- Participants must not participate while under the influence of alcohol or any substance that may affect their ability to exercise safely.
- Participants are responsible for supervising any children accompanying them to the venue. Children must not be left unattended.
- Participants must comply with all venue rules and regulations.
- Venue-specific safety requirements may change from time to time, and participants must follow the latest instructions provided by the venue or Clo Movement.

While Clo Movement and its instructors are responsible for providing appropriate exercise guidance and a safe class environment, each participant remains responsible for making informed decisions about her own participation and for the safety and wellbeing of her baby while attending the programme and venue.

Participants should seek appropriate medical advice where required. Clo Movement and its instructors do not provide medical diagnosis or treatment.

Classes take place at venues operated by third parties. Clo Movement is responsible for the instruction and delivery of the Restore programmes. Clo Movement is not responsible for the acts, omissions or negligence of the venue or its staff, including matters such as equipment maintenance or general venue safety, except to the extent that Clo Movement is itself negligent in its use of the venue.

11. Photography & Social Media

Clo Movement may occasionally take photographs or videos during classes or events for communication, educational or marketing purposes.

Your participation in Restore I or Restore II does **not** automatically mean that you consent to your image being used for marketing purposes.

Where photography or video is intended for social media or promotional use, Clo Movement will seek the appropriate consent.

If you do not wish to appear in photographs or videos, please inform Clo Movement in writing or select the relevant option when completing the booking/consent form.

Class recordings made for programme delivery purposes under Clause 4 (rather than for marketing) are addressed separately in Clause 13 (Data Protection & Confidentiality).

12. Personal Belongings

Participants are responsible for their own personal belongings while attending Restore I or Restore II.

Clo Movement and the venue cannot accept responsibility for loss, theft or damage to personal belongings brought to the venue, except where liability cannot legally be excluded.

13. Data Protection & Confidentiality

Clo Movement collects personal information from participants, including health, postnatal recovery and contact information, in order to deliver the Restore programmes safely and effectively.



This information is used only to provide the programme, support participant safety, facilitate the WhatsApp group and online or recorded classes described in Clause 4, and for administrative purposes connected to a participant's booking.

Participation in the WhatsApp group and access to online classes or recordings is voluntary. Participants who join the WhatsApp group should be aware that their name and phone number will be visible to other members of the group.

Class recordings are stored securely, are accessible only to enrolled participants of that course, and will be deleted no later than four weeks after the course ends, unless a participant requests earlier deletion.

Clo Movement will keep participant information confidential and will not share it with third parties except where necessary for a participant's safety (for example, in a medical emergency), where required by law, or with the participant's consent.

By providing this information, and by choosing to join the WhatsApp group or participate online, you consent to the collection and use of your information as described in this clause, in accordance with UAE Federal Decree-Law No. 45 of 2021 on the Protection of Personal Data.

You may request access to, correction of, or deletion of your personal information, or request to leave the WhatsApp group, at any time by contacting Clo Movement.

14. Assumption of Risk & Liability

Participation in physical exercise and postnatal rehabilitation activities carries inherent risks, including but not limited to muscular discomfort, strain, injury, falls and other physical or health-related risks.

By participating in Restore I or Restore II, you acknowledge that:

- You voluntarily participate in the programme.
- You understand that physical exercise carries inherent risks.
- You are responsible for informing Clo Movement of relevant health, injury or postnatal recovery circumstances that may affect your participation.
- You will follow reasonable instructions provided by the instructor.
- You will exercise within your own capabilities and communicate any concerns or symptoms.

To the extent permitted by applicable law, Clo Movement, its instructors, employees, contractors and representatives will not be responsible for loss, injury or damage arising from participation where such loss, injury or damage results from circumstances outside their reasonable control or from the participant's failure to follow reasonable instructions or disclose relevant information.

To the extent permitted by applicable law, Clo Movement's total liability to a participant arising out of or in connection with a Restore I or Restore II course shall not exceed the total fees paid by that participant for the course in question.

Nothing in these Terms & Conditions is intended to exclude or limit any liability that cannot legally be excluded or limited under applicable law.

15. Changes to the Programme or Terms

Clo Movement reserves the right to make reasonable changes to class schedules, venues, instructors, programme structure or these Terms & Conditions where necessary for operational, safety, legal or venue-related reasons.



Where a change materially affects a booked participant, Clo Movement will provide reasonable notice where practicable.

The latest version of these Terms & Conditions will apply to future bookings.

16. Governing Law & Jurisdiction

These Terms & Conditions are governed by the laws of the United Arab Emirates, as applied in the Emirate of Dubai.

Any dispute arising out of or in connection with these Terms & Conditions shall be subject to the exclusive jurisdiction of the courts of Dubai.

17. Acceptance of Terms

By completing payment and booking a Restore I or Restore II course, you confirm that:

- You have read and understood these Terms & Conditions.
- You agree to comply with the class, equipment and venue safety requirements.
- You understand that Restore I and Restore II are exercise and rehabilitation programmes and do not replace medical care, physiotherapy or medical advice.
- You have completed a Health Declaration Form and provided accurate information regarding your health and postnatal recovery to the best of your knowledge.
- You accept the inherent risks associated with participation in physical exercise.
- You agree to follow reasonable instructions provided by the Restore instructor and venue staff.

By completing payment, you confirm your acceptance of these Terms & Conditions.

Clo Movement

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Last updated: [September 2026]