

Terms and Conditions
For Mary Parkinson's VIP Full Community FB Community
And
ABC Club

Welcome to my Facebook VIP or ABC Membership

1. Please ensure you have filled out the ParQ health screening form
2. If you are unsure whether you should be exercising or not, always consult your doctor.
3. Always have a clear space to exercise in.
4. Have water to hand if needed
5. Classes indicated with a * will only be taught live, once a fortnight.
6. Each 4 week block, there will be one Sunday where there will be No Lives.
7. When I am on holiday there will be No Lives
8. In each group there will be the current months classes and the previous months classes.
6. Always message me with any questions or queries.