

Terms and Conditions  
For Mary Parkinson's On Demand Virtual Studio

Welcome to my on Demand Virtual Studio

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. **Your Password is for your use only and not to be shared.**
6. Always message me with any questions or queries.