FRAME Studio Health & Safety Policy

Last updated: October 2026

This Health & Safety Policy applies to FRAME. By creating an Account, purchasing a Membership or other eligible product, and/or attending a Class, Event or other activity at a FRAME studio, you acknowledge that physical exercise involves inherent risks and agree to participate responsibly, exercise within your own capabilities and follow reasonable instructions given by Wellverse staff and instructors.

1. Minimum age

You must be at least 16 years old to attend Classes at FRAME. This minimum age applies across all FRAME studios.

Additional age restrictions may apply to a specific activity where reasonably required for health and safety, insurance or regulatory reasons. Where this applies, it will be made clear before booking.

2. Your responsibilities

- Act responsibly and sensibly while using our studios;
- Follow reasonable safety instructions given by staff and instructors;
- Use equipment only in the manner in which it is intended to be used;
- Not participate in a Class while under the influence of alcohol or non-prescription drugs;
- Tell your instructor about relevant injuries, pregnancy, medical conditions or physical limitations before participating;
- Stop exercising and inform an instructor if you experience pain, dizziness, breathing difficulties or another concerning symptom;
- Follow any specific health and safety requirements applying to the class you attend; and seek appropriate medical advice where you are unsure whether it is safe for you to participate.
- Open cups are not permitted in any studio during classes. Only closed water bottles are allowed.

3. Instructor discretion

An instructor or member of staff may ask you to modify, stop or refrain from participating in an activity where they reasonably believe this is necessary for health or safety reasons.

- you have disclosed an injury or medical condition;
- you appear unwell;
- you are not following safety instructions;
- appropriate equipment is unavailable;

- you do not have required safety equipment;
- your participation may create a material risk to you or another person.
- instructors may offer hands-on adjustments. If a participant prefers not to have hands-on corrections, please inform the instructor at the start of class.

4. Required equipment

Certain Classes may require specific equipment or clothing. Where grippy socks are mandatory for Reformer & Barre Classes, you will not be permitted to participate without suitable grippy socks. This requirement is in place for health and safety reasons.

Any other mandatory equipment or clothing requirements will be communicated before the Class where reasonably practicable.

5. Pregnancy and medical conditions

If you are pregnant, have a medical condition, are recovering from an injury or operation, or have been advised to restrict physical exercise, you should seek appropriate medical advice before participating.

Certain Classes or facilities may not be suitable for particular medical conditions or stages of pregnancy. You must follow any specific safety guidance provided for the activity.

6. Membership and booking scope

Your eligibility to attend a Class depends on the Membership or other eligible product you have purchased. The Membership types used by Wellverse are All Access Memberships, Local Memberships, Daytimer Memberships and Signature Memberships.

All Access Memberships apply across FRAME. Local Memberships are available at FRAME. Daytimer Memberships are available at FRAME. Signature Memberships are available at FRAME only.

Health and safety requirements apply equally regardless of Membership type.

7. Personal responsibility

Physical exercise carries an inherent risk of injury. You remain responsible for exercising within your own capabilities and following reasonable instructions.

Nothing in this Health & Safety Policy or our Terms & Conditions excludes or limits any liability which FRAME cannot lawfully exclude, including liability for death or personal injury caused by our negligence.

8. Emergencies and studio safety

You must follow any emergency, evacuation or other safety instructions given by our community staff. Emergency exits, fire doors and access routes must be kept clear at all times.

9. Contact

If you have a health and safety question before attending a Class, please contact the relevant studio or email info@wellverseholdings.com.