

# JESSICA VALANT

movement with heart *Pilates*

## Jessica Valant Pilates - Virtual Pilates Mat Class

We are excited to have you join Jessica's Pilates Mat Class!

Here are the details for your class. To join the class simply click on the link below under "Join Zoom Meeting". You may need to upload Zoom onto your computer which is a simple and free process. Please try to arrive a few minutes early and be ready to start moving at the given start time. Modify all movements as needed for your own body and stop if you feel any dizziness or pain. This session will be approximately 20-25 minutes long.

**Tuesday, September 7, 2021**  
**12:15 pm MDT**

### **Join Zoom Meeting**

**<https://us02web.zoom.us/j/81070051231?pwd=YnN5dWRob0N2bDA1ZzZSYjRIRHBvZz09>**

### **Passcode**

**717545717545**

If you have any questions you can email [info@jessicavalantpilates.com](mailto:info@jessicavalantpilates.com).

Thank you and we look forward to seeing you there!

Jessica and the Jessica Valant Pilates team

### *Release of Liability:*

*By clicking the link above and entering into class at the given time you accept responsibility for your participation in this exercise class. You expressly assume any and all risks of your participation in this class with Jessica Valant Pilates, LLC, and Jessica Valant. You release and discharge Jessica Valant Pilates, LLC, and Jessica Valant from all claims of any nature arising from participation in this exercise program. You agree to indemnify and hold harmless Jessica Valant Pilates, LLC, and Jessica Valant from any liability arising from participation in the included exercises. You will not rely on this information to diagnosis or treat any health condition and you agree to seek immediate assistance from your medical provider if you have specific questions about your condition.*