



Group Classes

- All classes are payable in advance to secure your place.
- Group Matwork classes may only be booked as a month block, not as individual sessions.
- Any classes missed in a block cannot be refunded separately. Whilst catch up classes are not available, I will do my best to offer you an alternative class within that block (a make up class) This is subject to availability and cannot be guaranteed. As an alternative, you will be offered a link to a Matwork class recorded by me and available via YouTube.
- If you cancel a class within 24 hours, I cannot offer you a make up class. A YouTube link to a class will however be provided.

Attending classes for the first time

- If you are coming to a block of classes for the first time, I will ask you to complete an **Enrolment Form**. The information provides details of any injuries or other limitations so that I can ensure that you are working safely in the class.
- I will also ask you to attend a **1:1 introductory session** with me. This session enables us to meet, chat about any injuries, limitations and your goals. Importantly, it gives time for me to explain the basics of Pilates movements and practice these on a 1:1 basis, so that you can then join the class with more confidence and so make the most out of your sessions. It also enables me to consider any modifications that maybe necessary to suit you. This session generally lasts about 1 hour 15 minutes and is held at my home studio.

Private 1:1 Sessions

Attending for the first time

- If you are coming to a 1:1 for the first time, I will ask you to complete an **Enrolment Form**. The information provides details

of any injuries or other limitations so that I can ensure that you are working safely.

- If you are a new client, when booking your first private session you will be asked to provide a **full payment in advance** to guarantee your booking.
- If you cancel within 2 working days or if you do not attend your session, you will be charged at the full rate for the missed session.

On going sessions

- On going sessions may be booked as a block in advance at a discounted rate.

Health and Safety

- **Enrolment Form:** All clients are required to complete and sign an Enrolment Form on their first visit and must disclose any relevant details.
- **Exercise Discomfort:** If at any time during a session you feel uncomfortable with any exercise, stop immediately and inform me
- **Medical Interruptions:** If your sessions are interrupted for longer than four weeks due to medical reasons, please let me know and ensure your workout is adjusted accordingly.
- **Medical Updates:** Please inform me of any changes to your medical details or health status to update records.
- **Risk Declaration:** By attending group classes or private 1:1s, you declare that all exercises prescribed or administered to you are undertaken at your own risk.
- **Foot Complaints:** If you have a verruca or similar foot complaint, you must wear socks please.
- **Age Policy:** []
-

Housekeeping

- **Class Changes:** Classes may be cancelled or changed due to teacher sickness, low attendance (two or fewer) or unforeseen events.

- **Late Admittance:** No admittance to a class after 10 minutes of start time.
- **Phones and Belongings:** Phones should be on silent and personal belongings kept away from the floor area surrounding mats to avoid trips and falls.
- **Fitness Clothing:** Wear suitable fitness clothing. We work barefoot or in socks. You may find grippy socks helpful, particularly if working on the reformer.