

Your Pilates Space

Studio Etiquette and Terms & Conditions

YOUR PILATES SPACE

Studio Etiquette

GET THE BEST FROM YOUR STUDIO

Arriving at the Studio

PLEASE ARRIVE AT LEAST 5 MINUTES BEFOREHAND

Physically and mentally prepare yourself for your session; leave your worries at the door, along with your shoes. Pop your grippy socks on and don't come with a full stomach, you won't feel comfortable. If your health changes, please let Cath know.

JOSEPH H. PILATES
(1830 - 1913)

What to Wear

BE MODEST, BUT WE NEED TO SEE YOUR BODY MOVE

Comfortable and form-fitting tops and pants are ideal, or at least easy to move-in clothes. No jeans or trousers please.

Gentlemen: please be respectful of the teacher and wear cycling shorts under shorts: we value your privacy and we do prefer you in tights!

Personal Care

FRAGRANCES AND BLING

Please keep jewellery to a minimum - we don't want your bling to get caught in the machine springs. Long hair must be tied back - again springs and hair are not a good combination. In consideration of clients with allergies or intolerance please refrain from wearing perfume / cologne, and please don't use body lotion as it might make your hands / body slippery. Again, not a good combination on moving equipment.

Food and Drink

NO AND YES

Please don't bring food into the studio, nor chew gum: you will be asked to remove it - we don't want you choking on it!
You are encouraged to bring water in a bottle, but if you forget please don't worry - we do have bottles of water for sale.

We Love Children

BUT NOT IN THE STUDIO

We are not set up for children, nor do we have any insurance for under 16's so please don't bring them.

Thank you for your cooperation and understanding on these matters



YOUR PILATES SPACE

TERMS & CONDITIONS

LET'S ALL BE HAPPY

Your Pilates Space - Longridge

OUR HOME - AND YOUR SPACE

All sessions (unless otherwise agreed) are held in our Longridge Studio:
Your Pilates Space, Unit 6, 90 Berry Lane, Longridge, PR3 3WH.
We can do home visits, but they do incur an extra cost.

Please Pay Promptly

BACS OR STRIPE

We put a lot of effort into making sure we can help you, and we require full payment of the course fee prior to sessions starting.

Courses are often 6-weeks (though there maybe some variations), and the full fee is expected before the start of the first session.

You will be emailed the account details or if you wish to pay by credit card we can arrange that too.

Book Your Classes

YOU MAY HAVE A FAVOURITE DAY AND TIME, SO BOOK IT!

One of the best things about the Class Card is that it is flexible: you are not tied to the same class each week.

Mix it up, come another day, or stay with your regular class, but please BOOK IN!

Please Give 24 Hours Notice

IF YOU CANNOT ATTEND YOUR SESSION

Either you or I make the bookings (depending on the type of course chosen) For Class Cards book as far in advance as your package allows, and cancel when you can't come. I will book the 121 sessions.

All we ask is that you cancel your class at least 24 hours before the class starts. If it is less than 24-hours, it will be forfeited.

We Start On Time

TRAINS, PLANES AND AUTOMOTBILES CAN DELAY US, BUT...

We have appointments all day and we cannot over run if you were to be late.

If you start late the session still ends at the finish time - we can't go over to make up the lost time.

If You Are Going to be Late...

PLEASE PHONE THE STUDIO

Please contact me personally to let me know if you are going to be late or if you can not attend. Leave a message if I cannot speak to you.

All this helps the smooth running of the sessions, and for us all to be HAPPY!

