

Policies

Group Classes

Cancelation Policy:

Please note that we have a 4 hour cancellation policy for pre-registered clients.

Notification is required 4 hours prior to a registered class time, otherwise you will be considered signed in.

Thank You for respecting the teacher and our policy.

Policy and Practice

- > waiver acknowledge and agreed
- > pre-register up to one hour prior to class start time
- > pre-registered clients, can early cancel up to 24 hours prior to class start
- > class passes are NON-transferable
- > *5% discount applicable for 60 YrO plus, or Students (ID required)*

Online Policy and Practice

- > links to class will be sent by email prior to class start time
- > classes will be recorded for distribution to participants ONLY
- > individuals use their own equipment and or props

Group Classes

PILATES based exercises, using props or small equipment, see individual class descriptions

YOGA based exercises, see individual class descriptions

EQUIPMENT, either **Reformer or Springwall** using Pilates based exercises, props or small equipment, see individual class descriptions

ONLINE Pilates based exercises, using props or small equipment, see individual class descriptions

- > dress comfortably for ease of movement, please bring and take away your own mat, water bottle