

PATS PILATES Policies

Consultations and One to One Sessions

- Payment must be paid in advance.
- In the event of cancellation 24 hours' notice is required.
- A missed session is a fee forfeited.
- Where less than 24 hours' notice is given the fee is non-refundable nor transferable.

Mat Pilates Class Bookings

There are restricted places in classes and a waiting list for many classes. Once booked onto a register, your fee secures your place.

Mat Pilates classes are to be paid for by direct debit at the beginning of each calendar month.

Missed Classes & Cancellation (Mat Pilates classes)

We do not offer clients alternative classes for missed sessions, refunds, nor do we 'roll over' fees for missed sessions.

A full months' notice is required when cancelling your place and monthly payments. In the event of a cancellation please contact emma@pats-pilates.co.uk

Holidays

Notice for your holiday dates is much appreciated.

PATS PILATES will be closed on all Bank Holidays

Easter Closed: Friday 15, Saturday 16, Sunday 17 & Monday 18 April 2022

Christmas Closes: Monday 19 December 2022

Reopens: Monday 9 January 2023

Please Note

- Please wear suitable clothing, grip socks and bring a mat and supporting props such as a block or cushion
- Avoid eating two hours before your Pilates session. Drink plenty of water before, during and after exercising.
- Please arrive in time for the warm-up to ensure you are safe and prepared for exercise. If you need to leave early, please inform your instructor so they can plan an appropriate cool down prior to you leaving.
- It is not advisable to attend Pilates within 24hrs of a chiropractic/osteopath treatment.
- It is in your interest and others that if you are unwell ensure that you rest and return to classes once you have fully recovered. Your safety and wellbeing is important to us.
- Should you experience any symptoms associated with COVID-19 (coughs, fever, breathing difficulties) or have come into contact with anyone known to have the COVID-19, you should notify PATS PILATES and self-isolated as per the Government guidelines.
- Your health form will be stored securely at PATS PILATES and destroyed 3 months after your final class.
- We will use your contact details to contact you regarding your classes and payment and will not share with a third party.