

# PILATES

with Francesca

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## Fees

In Person Group Matwork class: £10.50 a class (SICEx £11)

Online Group Matwork class: £9 per class

Payment to be made by the date stated on the email sent at the end of the previous term.

Terms are between 5 and 8 weeks and classes are booked in full terms.

Private One to One Tuition (non-specific): (reasonable travelling distance)

Customised tuition programme, duration 1 hour, £45.00 (Zoom £35)

Private One to One Tuition (specific – e.g hip; knee; shoulder): (reasonable travelling distance)

Customised tuition programme, duration 1 hour, £50.00 (Zoom £40)

Back 4 Good Private class – initial session £55 (Zoom £45); customised tuition programme - £45 per class (Zoom £35)

Private Duets: (reasonable travelling distance)

Two clients, duration 1 hour, £55.00 (Zoom £45)

## Terms and Conditions

Matwork classes can only be booked in full terms; regrettably refunds or credits for future classes cannot be given for missed classes.

Places in class are only secured by payment - places cannot be held for a term without payment.

Classes are non-transferable to family and friends etc.

On occasion it may be necessary to change the venue of a class or the time if the venue is unavailable at the time of a booked class. or if self-isolation is required.

If the teacher is required to self-isolate, if possible, the class will run online on the same date and time. If this is not possible (due to illness), an alternative date, time, venue may be sought or the replacement class will run online.

## Class Swaps

If you cannot attend a class I offer a swap system for clients. Swaps can be taken at any point during that term.

Advance notice makes it more likely that I will be able to find a swap place for you.

1. Class swaps are to be taken within that term unless discussed
2. **24 hours notice is required to request a swap** so I can allocate your space to someone else
3. Swaps are dependent on class space available
4. If you arrange a swap class and then cancel that swap class within 24 hours or miss that swap class it cannot be rearranged.
5. Please restrict swaps requested to a maximum of two per term per class place booked.

The more notice I am given of future dates you are unable to attend, the more 'swap places' become available making the system better for everyone.

## Rebooking and Class Code

Current class members will be given priority to continue the classes unless payment is not received prior to the date stated on the email sent at the end of the previous term, when places may be offered to people on the waiting list.

A completed and signed Client Enrolment Form is compulsory to all clients prior to commencing Pilates classes. It is your responsibility to inform me of any arising injuries or conditions so I can update your form.

Please be aware that for your safety, participants must be on time for Pilates classes. I reserve the right to refuse entry to late arrivals, as the 'warm up' is essential for any exercise session.

Mobile phones should be on silent when in class so not to disturb other participants.

COVID: Please be courteous to other participants and be mindful of giving other participants space. Masks may be required when entering the building and until the class starts.

## Private Tuition

Private classes are booked by arrangement. One to One or Duet private classes must be paid for in advance of the lesson via BACS.

### **Cancellation policy - important!**

24 hours notice is required for cancellation of private bookings (if you wish to cancel a private session on a Monday morning at 10am you must let me know by 10am the preceding Friday).

Cancellations made within this time period are fully chargeable.

Private One to One and Duet classes are non transferable.