



Studio Rules:

Please note your class time and arrive on time. All classes and sessions are 55 minutes, typically booked on the hour or half hour. Please allow 5 minutes at the end of your session to clean and sanitize your mat and all used equipment. As your trainer, we will also strive to keep classes on schedule as we value and respect the time you spend with us.

With limited capacity we will strictly enforce our existing cancellation policy for our group class sessions and semi-private sessions. A \$10 fee will be assessed for any late cancel or no show (within 6 hours of class time) for any group class/session or semi-private.

Terminology:

We offer multiple session types. Private (1:1) Semi-private (3:1) and Small Group Classes. Our group class capacity varies based on the class ranging from 6-10 participants. Duets may also be booked if you and a partner are willing to share a private time slot and both purchase and attend a session together. Private and duet sessions are based on trainer availability and generally booked during off-peak times.

We offer packages (pay as you go) 10 packs - as well as Monthly autopay memberships. Monthly memberships with autopay offer a savings over package and drop-in rate, are able to book classes months in advance, and offer elite member service add-on rates for additional sessions during your month.

Membership types:

Elite Group Member = 8 group sessions per month (includes live streaming options)

Unlimited Group Member = unlimited group sessions per month (no limit - includes live streaming options)

Unlimited Studio Member = unlimited group classes and semi-privates per month (no limit - includes live streaming options).

Class types:

Pilates Mat Class = Using a mat in our functional training room (max of 10 participants) May use props such as magic circle, ball, light hand weights, resistance bands.

Live Stream Pilates Mat class = all you need is a mat and a device with your email and zoom. Workout from home. Just login, sign up and you'll automatically be sent the link to join via zoom 1 hour before the class start time.

Pilates Tower Session = Using the Pilates Tower apparatus (max 6 participants).

Semi-Private session = Using any given Pilates apparatus (including but not limited to Reformer, Tower, Wunda Chair, Small Barrels). Based on studio peak time/off peak time may determine apparatus (max 3 participants).

Pilates Semi-private Reformer = Using the Pilates reformer (max 3 participants)

Pilates Tower/Wunda Chair = Using Pilates Tower and/or Wunda chair (max 3 participants).

Private session = may use any of the following apparatus: Reformer, Tower, Wunda Chair, Small barrels, Ladder Barrel, Pedi-pole, Cadillac, Free Weights, Keiser, TRX as well as other small apparatus and props.