



Pilates Classes: Terms and Conditions

Beginners Pilates Classes

Classes are suitable for everyone. Intended to improve the individual's core control.

Maximum class size 12 people.

Duration: 6 weeks.

Cost: £60 inc. VAT.

Booking procedure: Complete Registration form and Health Questionnaire, return with payment to the office. Payment must be received to ensure a place on the course.

Note: Once booked on the course, it is not possible to drop out and receive a refund once the course has started. This is because it is not possible for your place to be taken by someone else.

Intermediate Pilates Classes

Classes are suitable for people who have had Pilates before, preferably have done the beginners class to a level which the instructor was happy with. Intended to further improve the individual's core control and strength.

Maximum class size 12 people.

Duration: 4 classes can be booked over a 10 week window.

Cost: £40 inc. VAT.

Booking procedure: Complete Registration form and Health Questionnaire (if applicable), return with payment to the office. Contact office re. booking dates.

Note: Each of the 4 classes should be booked within a 10 week period. It is possible to change a date, subject to availability, with 1 weeks' notice.

Pilates Back Classes

Classes are suitable for people who have had Pilates before, preferably have done the beginners class to a level which the instructor was happy with. Intended to further improve the individual's core control and strength. Must have medical professional referral.

Maximum class size 12 people.

Duration: 4 classes can be booked over a 10 week window.

Cost: £36 VAT exclusive.

Booking procedure: Complete Registration form and Health Questionnaire (if applicable), return with payment to the office. Contact office re. booking dates.

Note: Each of the 4 classes should be booked within a 10 week period. It is possible to change a date, subject to availability, with 1 weeks' notice.

Ante-natal, Post-natal Pilates Classes

Classes are suitable for pregnant ladies from 12 weeks pregnant right up to birth. Post-natally, from 6 weeks after birth through to 9 months after birth. Doctor's approval is required.

Classes are aimed to improve core control and strength, and offer a low-impact exercise regime.

Maximum class size: 8 people.

Duration: 4 classes can be booked over a 10 week window.

Booking procedure: Complete Registration form and Health Questionnaire, return with payment to the office. Contact office re. booking dates.

Note: Each of the 4 classes should be booked within a 10 week period. It is possible to change a date, subject to availability, with 2 hours notice only.

If there are any further questions or queries regarding these details, please do not hesitate to get in touch.

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