

# *BANDIT BODY HOT PILATES*

*June 19th, 2025*

*TUESDAY-FRIDAY 5:30 - 6:00 AM*

*VARIOUS SATURDAYS INSTRUCTOR'S CHOICE*

BANDIT BODY HOT PILATES IS A *SIGNATURE STYLE* OF PILATES THAT VARIES IN STYLE, SPEED, AND DIFFICULTY LEVEL. MOST EXERCISES CAN BE MODIFIED TO MEET YOUR PREFERRED LEVEL OF DIFFICULTY.

12 AVAILABLE SLOTS PER CLASS.

THE ROOM IS 95 DEGREES WITH ADDED HUMIDITY.

THE DURATION OF THE CLASS IS 30 MINUTES.

ALL EQUIPMENT AND HAND TOWELS ARE PROVIDED.

BANDIT BODY PROVIDES 3-5 LB DUMBBELLS.

CLIENTS ARE WELCOME TO BRING THEIR OWN MATS, *COATED* DUMBBELLS, AND ANY ADDITIONAL FITNESS ACCESSORIES THEY DESIRE.

*BANDIT BODY SANITIZES ALL EQUIPMENT AFTER EACH USE WITH MEDICAL GRADE SANTIZER*

## *WHAT TO BRING:*

- WATER
- **MANDATORY** GRIP SOCKS OR PILATES NO SLIP TOWEL MAT  
*(WE HAVE IMPLEMENTED THIS NEW RULE FOR SAFETY AND SANITARY REASONS)*  
*WE HAVE LINKS ON OUR WEBSITE TO OUR PERSONAL FAVORITES*

**WE HAVE GRIP SOCKS AND KNEE PADS FOR SALE AT THE FRONT DESK**

- PERSONAL ANKLE/WRIST WEIGHTS or OTHER FITNESS ACCESSORIES FOR DESIRED DIFFICULTY
- PHONE OR RECORDING DEVICE

*PROOF OR IT DIDN'T HAPPEN!!!*

*WE ALLOW VIDEO AND PICTURES INSIDE THE STUDIO*

*FEEL FREE TO COME EARLY OR STAY LATE TO GET THAT PERFECT PRE/POST WORKOUT SELFIE!*

*TAG US ON SOCIAL MEDIA TO RECEIVE A FREE BANDIT BODY SHIRT*

FOR THOSE WHO ARE PREGNANT, HAVE HAD PREVIOUS  
INJURIES, SURGERIES, LIMITATIONS OR OTHER PERSONAL  
CONCERNS WE RECOMMEND:

*MONDAY BEGINNER PILATES 5:30-6:00 AM*

This class is designed to be a beginner/recovery class focusing on  
static stretching, balance, and breath control.

\*A Comfortable Environment - No Added Heat - Safe for All Levels and Ages

*BANDIT BODY STRONGLY RECOMMENDS CONSULTING WITH YOUR HEALTH CARE  
PROVIDER AND/OR SPECIALIST BEFORE ATTENDING ANY BANDIT BODY CLASS IF  
YOU HAVE QUESTIONS OR CONCERNS*

*CLASSES MUST BE PURCHASED IN ADVANCED THROUGH OUR WEBSITE  
[WWW.BANDITBODY.NET/SHOP](http://WWW.BANDITBODY.NET/SHOP)*

*MUST ARRIVE NO LESS THAN 5 MINUTES EARLY*

**PHONES ARE SILENCED & DOORS ARE LOCKED PROMPTLY AT START TIME**

\*\*\*NO REFUNDS FOR A MISSED CLASS

\*\*\*NO TRANSFERS OF A CLASS TO ANOTHER PERSON

\*\*\*IF INSTRUCTOR CANCELS A CLASS, YOUR PURCHASE CAN BE USED FOR  
ANOTHER CLASS

- THIS MUST BE SCHEDULED AND APPROVED BY A BANDIT  
BODY STAFF

*MUST FILL OUT CLIENT INTAKE AND SIGN OUR WAIVER & ACKNOWLEDGEMENT*

(RELEASE OF LIABILITY & ACKNOWLEDGEMENT OF BANDIT BODY  
POLICIES/CONTRACTS/FEES)

## *PILATES MEMBERSHIP*

\*MEMBERSHIPS MUST BE PURCHASED IN PERSON

\*MEMBERSHIPS ARE AN AUTODRAFT SERVICE AND CAN BE  
CANCELED ANY TIME AFTER ONE MONTH

\*MEMBERS WILL BE PRORATED FOR THE MONTH THEY START AND  
THEN BE AUTO DRAFTED ON THE 1ST OF EVERY MONTH

\*MEMBERS ARE REQUIRED TO HAVE A CARD ON FILE AND WILL BE  
SUBJECT TO A NO SHOW FEE OF \$15.00

\*MEMBERS MUST GIVE A 12 HOUR NOTICE OF CANCELLATION TO  
AVOID A NO SHOW FEE

\*MEMBERS MUST BOOK THEIR CLASSES THROUGH THE WEBSITE  
AND WILL BE GIVEN A MONTHLY CODE THAT DISCOUNTS THEIR  
PURCHASE 100%

THIS PROCESS ALLOWS US TO TRACK ATTENDANCE AND AVAILABILITY

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