



WELLNESS
PILATES

February Newsletter

Love is in the air! Sarah G has, as always, been busy filling the studio with festive fun, and we have loved seeing so many of you enjoying the Valentines choreography!

You may also have noticed that -just in time for Valentines/Galentines day- we now have a second reformer in our private space. This means we now have more availability for 2:1 sessions during the day, and also means we have been able to add a few more classes to the group schedule!

We recently also welcomed Sarah B (I know- all the Sarah's!) to our Saturday schedule and I have been thrilled to hear all your wonderful feedback on her classes- thank you for making her feel so welcome, as I knew you would. Do check her classes out- if you haven't already!

Leah x



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wellness-pilates.co.uk



24 Hour Cancellation Policy

I'd like to start by saying how truly grateful I am that every single one of you chooses our studio every time you step through the door. Many of you I have come to know very well over the last few years, and I know I speak for every instructor at Wellness when I say that we really, truly care when things go wrong for you, and when they go right! We genuinely celebrate all of your wins and worry about you when you miss class. As a working mum, I FULLY understand that things don't always go to plan, and that it's really frustrating when you miss out on the time that you carved out for yourself.

To put this into context- we currently receive 6/7 messages a day asking us to waive the policy due to sickness/child sickness/unexpected work meetings/pet problems etc.

And we get it- really we do, but the reality is that if I did away with the policy, the alternative is anticipating having 6/7 unpaid empty beds a day, so I would have to put the prices up for every other reservation to cover the loss. You'd be paying more per class to cover the cost of somebody who had to cancel and that's just not how I would prefer to operate. I hope you can all understand my decision on this and take this reminder with the love that's intended!

The best way to cancel your class is on the app. If you do this before the 24 hour window, you will not be charged.



Looking for a private class with your partner or bestie?



Send us an email/whatsapp containing:

- Your Names
- Your Email Addresses
- Your Mobile No.s
- Your Availability
- Whether you would like 30 mins/55 mins

Single Session (55min)- £80 (£40 each)

Block of 5- £375 (£187.50 each)

Block of 10- £700 (£350 each)

Block of 20- £1300 (£650 each)

Express Session (30 mins)- £40 (£20 each)

Express Session x 5 (30 mins)- £175 (£87.50 each)

Express Session x 10 (30 mins)- £320 (£160 each)

NB 24 hour cancellation policy applies to both participants if either of your party cannot make it.