



Rachael Plowman:
Member of Body Control Pilates®



Terms of Booking

Classes are booked **in blocks** and are paid for **in advance** at the start of a Block to secure your place. Unfortunately, classes are paid in full for the block. Places are limited to keep classes small to allow individual attention.

Unfortunately no refunds/transfers are given once a block of classes is paid for.

Current class members are given priority to continue the next block of classes unless payment is not received before the block beginning then the space is given to the waiting list.

Please arrive **5 minutes** before class begins. Please try and arrive on time otherwise it disturbs the class.

Modifications may be given to keep you safe, if you do not take them I cannot be held responsible for any injuries you might incur.

Please bring your own mat to classes.

It is your responsibility to inform the teacher of any changes to your health before a session or class begins.

Thank you for your co-operation.

If you are unsure about anything please contact me:

Rachael

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