



Rachael Plowman:

Member of Body Control Pilates®

Terms of Booking

Fees to be paid **before** the start of a Block beginning.

Classes are booked **in blocks** and are paid for **in advance** to secure your place. Unfortunately, classes are paid in full for the block. There are two options if the full 6 weeks block can't be made: the option of catch up classes (see 'What happens if I miss a class?') or classes can be paid at £10 per class if the full 6 classes can't be made.

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.

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

Please arrive **5 minutes** before class begins but no more than **10 minutes** early as there may be a class beforehand or the hall is not hired. Please try and arrive on time otherwise it disturbs the class.

48 hours notice of cancellation or alteration for private sessions must be given or the full amount is required.

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.

As a new client who has not done Pilates before an Introductory session is needed.

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.

What happens if I miss a class?

Classes are booked **in blocks** and are paid for **in advance** of the block to secure your place. Places are limited to keep classes small to allow individual attention.

Classes are booked **in blocks** and are paid for **in advance** to secure your place. Unfortunately classes are paid in full for the block. There are two options if the full 6 weeks block can't be made: the option of catch up classes or classes can be paid at **£10** per class if the full 6 classes can't be made.

For catch up classes:

If you miss a class, there is the opportunity to make up in another suitable level class at a different time, within **two Blocks** i.e. a catch up class. This is only if I am informed and there is space available in the other class. Please do not just turn up for another class and expect to be accommodated. **Do always ask me first**. Unfortunately you cannot catch up a catch up class.

If you know you are going to miss a class in advance you may wish to inform me early so that we can book in your catch up class in advance to ensure there is space. The more notice I am given of dates you are unable to attend, the more 'catch up places' become available for others wishing to swap.

Thank you for your co-operation.

If you are unsure about anything please contact me: Rachael

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