



HILLS PILATES AND WELLNESS STUDIO POLICY

Studio Space Guidelines:

In the studio: All students and staff are required to take off their outdoor shoes and leave them in the assigned cubby holes.

All clients are asked to wear sticky socks while on the Pilates equipment.

Cell phones need to be on silent while Pilates session is in progress.

Please avoid wearing strong scents as some of our clients may have chemical sensitivities.

New Clients:

Based on previous Pilates experience and/or injuries, new clients may be asked to begin their Pilates training with a private intake session where we assess movement and posture and discuss any injuries and exercise history to better assist and progress your Pilates goals.

Payment:

Payment for all training is due when session commences.

Private and Duet Cancellation policy:

Please note that in order to offer the highest quality of training at a competitive price and to ensure schedule availability, we firmly uphold the following cancellation policies:

Cancellation 24 hours ahead – complete refund of session

Cancellation within less than 24 hours – full charge for session

Late Appointment:

A private or duet session is officially canceled after 15 minutes of no show and the client is charged for the session.

Enrollment and Cancellation of Small Group Pilates classes:

Clients are required to register for all classes on Club Automation. Please make sure to sign in 24 hours ahead of class or more to guarantee a space in your class. The Hills Pilates Studio reserves the right to cancel a class with one student or less registered. In the event of 1 student registered, you may be offered the option of a private lesson at full cost.



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Liability Waiver:

I agree that the Hills Pilates Studio is in no way responsible for the safekeeping of my personal belongings while I attend class. I understand that classes may be physically strenuous and I voluntarily participate in them with full knowledge that there is risk of personal injury, property loss or death. I agree that neither I, my heirs, assigns, or legal representatives will sue or make any other claims of any kind whatsoever against or its members for any personal injury, property damage/loss, or wrongful death, whether caused by negligence or otherwise.

Photo Release:

At times the Pilates instructor may wish to take photos in the studio during class and/or training session. The photos may be shared on the Hills social media and may also be used for promotional purposes.

I agree to have my photo taken:

I prefer not to have my photo taken:

Client Signature

I have read and agree to abide by the policies provided:

Print Name: _____

Date: _____

Signature: _____