



Terms and Conditions

- All services must be paid for in advance.
- Private, Duets, Group Reformer, Cardio, Mat Work, and Tower/EXO Chair class card expirations are: **6 Months**. All remaining credit will expire after that.
- Clients will be responsible for reserving and/or cancelling classes as well as of checking their credit, scheduled visits and payment history at the front desk or online.
- **24 hour notice** is required for cancellations of private and duet classes or a full hourly fee will be charged, **no exceptions**.
- **24 hours notice** is required for any reserved Group Reformer and Cardio-Pilates classes or a full hourly fee will be charged.
- **10 hours notice** is required for any reserved Mat-Work and Tower/Chair classes or the class will be charged.
- Duet classes **will ONLY be taught** when two participants are present or the one present agrees to upgrade to a private class. **No Downgrades Available** (ex. From Private class to Duet class)
- BodyMind Pilates reserves the right to **cancel any group classes that have less than 2 people** signed up. Clients will be notified if a class has been cancelled because of low enrollment.
- Class cards cannot be shared. All paid classes are non-refundable and non-transferable except for medical reasons in which case a letter from your doctor must be presented.
- In the event of inclement weather causing studio closure, all classes will be cancelled. Please contact the studio if you are unsure whether there will be class. There will be detailed information on our voice mail, facebook page, and website regarding the status of classes.
- BodyMind Pilates will be closed on all observed holidays.
- An enrollment, terms and conditions and waiver forms must be completed and signed by every participant. It is very important that you notify us at the beginning of class of any change in your physical condition such as recent injury or pregnancy.
- Under no circumstance should a client take any **pain medication** before class to prevent serious injury.
- Pilates is a hands-on technique. Physical contact may be necessary in order to check that movements are performed correctly. **Please make us aware if you are uncomfortable with this.**
- BodyMind Pilates will not be liable for any loss, damage or theft of property while at the premises.
- Non-sufficient funds checks will be subject to a *\$35.00 fee*.
- BodyMind Pilates reserves the right to change its terms and conditions at any time. Clients will be informed of any changes to the terms and conditions.



Studio Etiquette:

- No street shoes should be worn at the studio. Please use Pilate's socks or socks with stickies at all times.
- Use exercise clothing that allows the instructor to see your body as well as the freedom to move. If you are going to wear loose shorts, please wear cycling ones underneath. Try to avoid any loose t-shirts.
- Please do not wear perfumes or any heavily scented lotions.
- Take off your jewelry, throw away your chewing gum and try not to eat for at least an hour before class.
- All participants should arrive at least 5 minutes before class to unwind and prepare but also out of respect for others and the instructor.
- Cell phones must be turned off during class. Concentration is essential to the Pilates technique.

Thank you for understanding and observing our rules.

Client signature: _____ Date signed: _____

Client Waiver:

In consideration of being willing to participate in the activities and programs of BodyMind Pilates LLC, the undersigned acknowledges, appreciates and agrees that:

The risk of injury from the activities involved in this program is significant, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERS**, and assume full responsibility for my participation.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Thank you for your cooperation and support and your commitment in making Pilates part of your life.

Client
Signature: _____ Date Signed: _____

BodyMind Pilates
Certified Instructor: _____ Date Signed: _____