



Terms and Conditions & Health and Safety

- Pilates participants of AC Pilates must follow policies and rules and cancellations procedures as laid out.
- Please book your appointment at AC Pilates Studio by contacting Anna Cotgreave. You must undertake a Pilates Induction before you go into a group class.
- The client must notify AC Pilates - Anna Cotgreave by phone (07754 598627), text or email (actraining@hotmail.com) over 48 hours beforehand if a session is going to be cancelled.
- Classes and course fees - £40 Induction and £20 per group studio session per person (unless if otherwise stated in the brochure or on the website) covers the duration of the session and /or course where applicable. Fees are non-refundable unless agreed with Anna Cotgreave.
- Fees can be paid in single sessions or in blocks where stated (but must be used up within the time-frame stated). For example 5 X studio sessions - £95 (used within 2 months).
- Cheques are made out to AC Pilates or Anna Cotgreave. Or you can pay by BACS or cash.
- Your obligations:

To agree to pay where applicable any charges in relation to services received.

To observe in particular all health and safety rules of the studio as instructed by your Pilates Instructor.

No food in the studio and no glass. (Plastic water bottles are allowed.)

Place trainers or shoes on the foot racks provided and hang up jackets. Please wear non-slip socks or go barefoot when asked. These requests are for your safety, to avoid trips and falls.

Please turn off all mobile phones (or put them on silent) and keep the noise/social discussion to a minimum in class due to other clients concentrating on their exercises. Pilates is of course about concentration and mindful movement.