

PILATES PAYMENT AND ATTENDANCE GUIDELINES (updated April 2023) NB small increase in price

Our 6- and 4-week block bookings are mutually beneficial –

- **Giving you a reduced rate, an extra incentive to make a weekly commitment and a guaranteed place in class. (The pay as you go price is £8.50 so the cumulative bonus of paying a reduced cost on each block booking offsets your occasional absences).**
- **Block booking helps me to manage class numbers more effectively, especially during periods of very high demand.**

Research shows me I continue to offer very good value compared to other teachers, with a similar level of experience. I was clearing paperwork and noticed I was charging £7 pay as you go in 2012 so it's a wonder, I've not been out on strike 😊

It also shows me most Pilates teachers offer pre-paid block bookings and any missed class is forfeited (with no roll over or alternative class provision).

I've aimed to be as supportive as possible towards people hit by unforeseen circumstances such as illness, injury, or family crisis but I must be clear that it considerably increases my administration workload and makes managing class sizes challenging, if terms and conditions are not followed as a general rule. I appreciate your co-operation in following the terms and conditions set out.

Terms and conditions of block bookings

1. **Pre-paid block bookings are to be used within the consecutive weeks pre-booked.**
2. **If you miss your block booked class, you can book into an alternative class that week or an extra one in the week you return (dependent on availability)**
3. **New- I will allow one potential roll over session in each six-week block booking to support you with unavoidable absences e.g. contagious illness, debilitating injury, a vacation, sudden family or work issue.**
4. **If your attendance has become sporadic and you don't want to forfeit payments for missed classes, go on to 'pay as you go' for a while.**

New Prices- 6 Week Block Booking £45, 4 Week Block booking £32, Pay As You Go £8.50 (if you are a pay as you go client a regular space during periods of high demand cannot be guaranteed but I will always do my best to fit you). If you know you want to attend the next week either book in the week before and give 24hrs notice of cancellation to avoid being charged or alternatively text prior to or on the day to confirm your place.

1-2-1 Individually targeted sessions 60 mins £40 or 90 mins £50 (24 hrs. notice of cancellation).

All Payment types- if you know you will be away the next week, please let me know the week before. Many people are already brilliant at this and once you get used to it it's easy and helpful.

Thank you for your co-operation 😊 I will continue to offer you a professional and conscientious service based on regular research and professional development and I will take a genuine interest in each of you and your individual progress.

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