

## Studio information for new and existing clients

*Welcome to our Studio. Please read the following information carefully—we want you to be healthy and safe and enjoy your lessons. Be sure to speak with your teacher if you have any questions.*

### What do I wear to Pilates?

Ideally, your teacher needs to be able to see what your body is doing. Clothing designed for exercise is best.

#### Everyone

Wear a close fitting, collarless top.

Avoid zips and hard protrusions on clothing as these can catch, wear and damage pilates mats and equipment.

Avoid sunscreen, lotions and makeup as these can be difficult to remove, permanently mark equipment, and impact the enjoyment of others on shared equipment.

#### Women

Wear leggings, thigh length or longer if preferred (underwear is essential).

#### Men

Wear bike pants or close fitting stretch shorts, knee length is best (underwear is essential).

#### Footwear

No shoes are worn in Pilates so clean feet are essential and clean socks may also be worn. Pilates socks have anti-slip soles that many find comfortable. These are available for purchase at the Studio. No street shoes are allowed in the Studio.

### Health and safety

As we don't use towels on the equipment, for health and safety reasons it is a requirement that all students of **Classical Pilatestudios** wipe down equipment and mats used at the end of their session. Spray bottles and paper towels supplied for this purpose.

### Running late for your lesson?

Keep our contact details in your mobile phone. If you're running late please send a text message to let us know. Your lesson will finish as scheduled so that no other students will be inconvenienced.

If you're unable to attend your lesson please note that 24 hours notice is required otherwise the full lesson will be charged for.

### Cancellation of 5 and 10 lesson packs

Packs of 5 and 10 lessons expire 12 weeks after purchase. Lesson packs can be put on hold if on holidays however two weeks notice is required.

*Classical Pilatestudios aims to create a safe, healthy, and enjoyable environment for all students and teachers. If anything is unclear, or if you have further questions our friendly staff will be happy to assist.*

