

ESSEX PILATES, LLC

2 Nott Lane

Essex, CT 06426

860-767-5027

www.essexpilates.com

Group Class Policies

Registration: Group Classes are structured for students who fully intend to commit to their Pilates training. Results are equal to the level of commitment. Payment in full, in advance is expected at the time of registration. Please try to sign up for a session with the intent of attending each class. For safety and liability reasons, classes are usually structured to advance students from the beginner level all the way through advanced. Students with prior Pilates experience will be placed according to ability by instructor permission only.

Make up classes: Make up classes are available but not guaranteed and students can only attend classes equal to or lower than their current class level. Students are required to make up missed classes during the session in which they were missed. Payments are not refunded or applied to future sessions except in special situations such as medical or personal/family emergencies. In such cases Essex Pilates will only issue credit toward future sessions. In the event of weather related cancellations, every effort will be made to schedule special make up classes. If you miss more than 3 classes in a session, you may need to repeat that level prior to advancing.

Cancellations: For up-to-date information regarding cancellations and other news, please call the studio or check the "News" page on our website www.essexpilates.com

Drop-In Classes: Registered students are welcome to attend additional classes at or below their current class level for an additional fee payable in advance or at the time of the class. You may also purchase a "10-Class Card" and use it to attend additional weekly classes. Please ask your instructor about the "10-Class Card." Non registered students who have Pilates training may drop-in by instructor permission only, for a slightly higher fee than registered students.

Children: Children are not allowed to accompany students to class for safety and liability reasons. They are also a distraction for the entire class so we ask that you make other arrangements for the little ones. Guests and family members are welcome to observe classes, but may not participate unless they are first cleared by an instructor. Drop-in fees will apply to approved guest students.

If you find that a class is too challenging, please speak with your instructor immediately. You may want to repeat or drop down a level until you feel ready to advance. We have many class options available. Please feel free to ask questions as often as necessary. Instructors are always available before and after classes to answer questions. Individual appointments can be scheduled to work on your specific needs, or to get extra help with the exercises to gain a better understanding of the Pilates method.

We hope you enjoy your classes at Essex Pilates!