



REFORMER GROUP POLICIES AND PROCEDURES

Class sizes are limited to 5 participants. A minimum of 4 participants are needed to form a group.

Group classes are 55 minutes in length.

Please be on time for your scheduled group. A group session will last for 6 weeks. If you know you will be missing a class, please let the instructor know, so that we can fill that spot either with a drop-in, or a make-up. Classes can be made up before or after your missed session, in any other class, provided it is within the existing session, and space is available. Drop-ins will be only be allowed if student has fulfilled the minimum hours required to be in a reformer class. No refunds will be given for any missed classes.

A minimum of 5 private or semi private sessions will be required before admission into a group, unless a group is formed (from the beginning), with 4 or more participants.

Please do not arrive to the studio with fresh oils or lotions on your skin. They can make the equipment slippery and unstable in different positions.

Cell phones should be on “vibrate” or off for the duration of the class. This is in consideration of other participants as well as the instructor.

Sessions need to be paid in full on or before your first scheduled class. Checks, Cash, MasterCard and Visa are all acceptable forms of payment.

**You agree that if you engage in any physical exercise or activity you do so at your own risk, and assume the risk of any and all injury and/or damage while engaging in any physical exercise or activity while on the premises. You agree that you are voluntarily participating in Pilates Reformer exercises, and you agree to release Find The Time Pilates from all claims or causes of action (known or unknown) arising out of the negligence of owner, employees, or affiliates. You acknowledge that you have carefully read this waiver and release and fully understand that it is a release of liability and express assumption of risk and indemnity agreement. By signing this waiver, you are giving up your right to bring legal action or assert a claim against Find The Time Pilates for any negligence or for any defective product on its premises. You have read and voluntarily signed the waiver and release and further agree that no oral representations, statements, or inducement apart from the following written agreement have been made.*

X _____

Client Signature

X _____

Trainer Signature