



Date _____

Name _____

Cell _____ home _____

Email _____

Studio Policies

All classes are non-refundable.

Group classes

Space may be reserved for \$25 per class; payment must be received before the deadline posted on the monthly schedule. Drop-in rate is \$35 per class.

There are no make-ups for pre-paid group classes.

Private Packages

Sessions may be purchased for \$35 each, minimum 4 required. Each session counts as a 30 minute private or a one hour group class.

Packages will expire at a ratio of 1:2 (e.g., 4 sessions expire in 8 weeks).

Cancellations

24 hours notice is required for private or group sessions. Without such notice the session(s) will be forfeited. A courtesy call for missed prepaid group classes is appreciated. If there is only one participant in a group class, a 30 minute private will be taught; a package session may be used for a one hour private.

Cancellations will be accepted by phone ONLY!

Studio Etiquette

Please silence your phone during class; refrain from chewing gum or wearing any lotion or scented products. If you arrive more than 10 minutes late, please book another class to get your full time and avoid disruption.

Our policies are in place to help you stay committed and keep the studio in business.

Thank you!

Waiver Agreement

I have enrolled in a program of strenuous physical activity including, but not limited to, all exercises and conditioning offered by Gulf Coast Pilates. I hereby affirm that I am in good physical condition and do not suffer from any undisclosed disability which would prevent or limit my participation in the program.

I fully understand that I may injure myself as a result of my participation and I hereby release Gulf Coast Pilates and Jill Gilbert Lucas from any claims, demands and causes of action arising from my participation in the exercise program.

I agree to the terms of all policies and waiver agreement items listed above.

Signed: