



Policies and Guidelines:

All sessions:

- ◆ Registration is required for each block
- ◆ Payment should be made prior to the commencement of each block
- ◆ Any session unattended will be forfeit - no refunds or transfers
- ◆ Bringing your own Pilates mat is required
- ◆ Wearing socks is recommended
- ◆ Casual sessions are available - space permitting
- ◆ We appreciate you switching mobile phones to silent
- ◆ If unable to attend please advise us by email: ella@pilatestasmania.com.au

Methods of payment:

- ◆ Cash
- ◆ Direct deposit to:
Ella Wong
BSB: 06 7104
ACC: 1030 9189

Physical contact:

In order for us to properly instruct you (correct compensatory muscle recruitment patterns and improve posture), physical contact to correct your movements may be required. Please inform your instructor if you feel uncomfortable with physical contact occurring during your session.