

# Pilates Information

As of May 2024



Thank you for choosing Three Point Health Pilates for your health journey. Please read all the information below so there is an understanding of requirements and expectations at Three Point Health Pilates

## Expectations

### CLASS ETIQUETTE:

- Please attend 5 mins early to prepare your space, mind and body for class.
- Place all your belongings to the side - only bring your mat, towel & water & Pilates equipment to your spot for class.
- We have ZERO tolerance for body shaming, yes this includes comments about your own body. We hold every one responsible and accountable to maintain a safe space.

### CONDITIONS:

- Please be respectful of all participants in class, every one would like to focus on their exercise and work towards their goals - so please keep unnecessary chatter outside the space.
- There may be times you could be in contact with a peer - please be respectful and understand this could happen & be accepting of each other.
- Please refrain from wearing shoes in the Pilates space (unless outside). This will assist with limiting thoroughfare debris entering the space.

### HEALTH:

- If you are unwell, please do not attend class & advise the Instructor ASAP of your inability to attend.
- Please be clean, deodorised and sanitised before coming to class.
- If you use TPH equipment please sanitise all equipment after use prior to their return.

## PLEASE TURN PHONES OFF!



I understand at times you may need to be contacted - though for the best outcome of each class your complete focus is required. Also in respect of other participants please leave phones in your bags or not in the room at all. This is YOUR time, celebrate you, by giving yourself the time you deserve to focus on YOU!

## Cancellations

- There is an understanding that life is not always smooth sailing and cancellations are required. Please advise the instructor as soon as possible if you plan not to attend class.
- By booking ahead helps the Instructor tailor the class to meet the needs in the room. Free cancellations can happen 24 hours ahead of class otherwise a cancellation fee of 30% will be charged if the cancellation reasoning isn't medical or a dire strait situation, this will be up to the instructors discretion, or 50% for a no show. Thank you for your understanding



*“TPH Pilates,  
Where the  
class is all  
about you”*

## Class Fees

- Per class: \$20
- Pay per class
- Eftpos available
- online payments
- cash also accepted.

## Class Attendance

- Please notify the Instructor of your absence as soon as possible, so minimum' can be met.
- if not enough numbers for class - it will not run
- If at any time the Instructor is unavailable - Three Point Health will do it's up most to have make up classes, this is usually within the Holiday Sessions.

## What to bring

### OUTSIDE:

- Warm jacket,
- active wear,
- shoes,
- mat,
- hat,
- sunscreen & repellent.
- water bottle

### INSIDE:

- water bottle,
- mat,
- active wear &
- Your own Pilates equipment

### CONTACT:

[threepointhealth.com.au](http://threepointhealth.com.au)

0412915336

**Current Class: Tuesday 7:15AM**

**The Rowing Club, King's Parade ULVERSTONE**

