

# Pilates Information

As of January 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 for all Pilates Classes at Three Point Health.

## 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 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 time!

## Cancellations

- There is an understanding that life is not always smooth sailing and cancellations are required. There is usually a waiting list so the sooner you advise the instructor the sooner we can attend to some one else in need & reschedule your to another class. If you let us know too close to time the spot may not be filled.
- You can cancel for FREE up to 24 hours ahead 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

### CONTACT:

[threepointhealth.com.au](http://threepointhealth.com.au)  
0412915336

## Class Attendance

- If you need to miss a class and please advise me as soon as possible, I will try my best to fit you into another class within the same week, otherwise your class will be forfeited.
- These fees are unable to be rolled over into the next term.
- 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.  
INSIDE: water bottle, mat, active wear & any of your own Pilates equipment.

### CLASS FEES:

- Per class: \$20
- All Holiday Sessions (outside of class Terms) are relaxed & casual fees apply
- Eftpos available, online payments & cash accepted.

### MEMBERSHIPS WITHIN THE TERM:

- 3 Classes (locked into preferred classes) \$58.50
- 4 Classes (locked into preferred classes) \$78.00
- 6 Classes (locked into preferred classes) \$114.00
- 10 Classes (locked into preferred classes) \$185.50

These prices are specifically for the 10 week Terms only. Term Payments are to be paid either in full or within the first 2 weeks of the Term.

## Current Time Table SUMMER 2024:

Tuesday 8:00AM Summer Sessions  
- at Dial St, Ulverstone Park.

