



CENTERED BODY PILATES, LLC

2928 Main Street 2nd Floor Glastonbury, CT 06033

Private, Semi-Private & Trio Pilates Policies

1. Private training sessions begin at the scheduled session time agreed upon by the instructor and the client.
2. A credit card on file is required to reserve your private session(s). Reservations will NOT be made without this information.
3. There is a 24-hour cancellation policy that applies to all Private/Semi-Private/Trio sessions. If you do not cancel a minimum of 24 hours prior to your reserved session or no show, you will be charged the full fee.
4. If the client is more than 15 minutes late and no call is made to the office, it will be assumed that the client is a no show and will be charged for the full fee.
5. The client will be responsible for completion of the number of sessions purchased. ***There are NO refunds. No exceptions.***

I UNDERSTAND AND AGREE TO THE ABOVE POLICIES SET FORTH BY CENTERED BODY PILATES, LLC. I FEEL THAT THEY ARE REASONABLE AND UNDERSTAND THAT THEY EXIST IN ORDER TO HELP ME REACH MY GOALS AND STRENGTHEN MY COMMITMENT TO MY FITNESS, HEALTH, AND OVERALL WELLNESS.

I, (please print name) _____, understand that there is an increased chance of injury with any form of exercise. I accept complete responsibility for my health and well being in the voluntary exercise-fitness programs and understand that no responsibility is assumed by *CENTERED BODY PILATES and Employees of CBP, LLC.*

Client Signature: _____

Date: _____

Please ask if you would like a copy of these policies to keep for your records.