



CENTERED BODY PILATES, LLC

2928 Main Street 2nd Floor Glastonbury, CT 06033

Principles Program and Reformer Core Class Policies

1. The Principles Program consists of two phases which meet twice a week for an hour for a total ten-week series. Reformer Core classes are scheduled by class where the client will determine their own schedule.
2. Once registered for the Principles Program, weekly class times are selected. This class time will typically remain the same throughout Phase 1 and Phase 2 of the Principles Program Series. Space in Reformer Core classes will be reserved upon payment.
3. The purchase price for each Principles Phase is \$270 plus tax. There is a 15% discount if both phases of Principles Program are purchased (2 phases individually = \$540; with 15% discount 2 phases = \$459 plus tax). Core classes are offered at individual drop-ins \$31 plus tax per class, discounted multiclass packages, or unlimited membership requiring a 3-month commitment.
4. ***You must inform your instructor of any physical changes to your body or injury that might have occurred before taking a class.*** It is your responsibility to determine if you are fit to participate in class. Classes such as Jump Board may not be considered safe for those with specific conditions.
5. **12 hours notice is required for all cancellations for ALL Reformer Core classes.** If less than 12 hours notice is given or no notice at all, and we are unable to fill your space, you will forfeit that session.
6. **If the client is more than 10 minutes late**, it will be assumed that the client is a “no-show” and will be charged for the full scheduled class. If there is a client on the wait list they can assume your position ten minutes after the start of class.

Additional Principles Program Policies

1. **There are no refunds granted.** There is a non-refundable \$50.00 registration fee for the Principles Program.
***Under emergency circumstances, the following will apply for Principles Program ONLY:**
 - a. If less than 50% of the scheduled classes have taken place, then a \$100.00 **credit** will be available.
 - b. If greater than 50% of the classes have occurred, a credit transfer cannot be granted.
2. Make-up sessions will be offered in another class at **your current Phase**. Class make-up is dependent upon space availability. Because of space demand, a **6-hour notice is required for all cancellations on scheduled classes and make-ups**. If less than 6-hour notice is given or no notice at all, then the student will forfeit the make-up.
3. It may be at an instructor’s recommendation that some students remain at the same Phase if they seem to be having difficulty in the mastery of movements at their current level by the end of the Principles program before moving into the Core classes offered after completion.
4. **At times it may be required to have an additional private training session to make-up class material missed.** The rate structure for this follows the CBP Supplemental Principles Private Session rate \$55 plus tax an hour. This rate is deeply discounted from a traditional private session exclusively for Principles students from \$75 plus tax an hour.
5. If you miss more than two consecutive classes without supplementing with private sessions **you may not** do the new exercises introduced and **you must** get the instructors approval before returning to class due to safety concerns.
6. Classes that are cancelled due to holiday, inclement weather, or instructor unavailability will be made up through another class offering and/or an additionally scheduled date. Please know we do all we can to avoid this situation.
7. If it is necessary to change your schedule/class time for the next phase series, **please notify your instructor two weeks prior to the end of the series** so we can look at space availability.

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) _____, 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 Sign _____

Date _____

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