

# Johns Creek Wellness Pilates Training

To ensure your Pilates training experience to the fullest, we ask that you observe the policies and realize that personal awareness can help ensure your satisfaction, comfort, safety, as well as that of others.

**Class Information:** Classes are 50 minutes long. Each class starts on the hour and ends 50 minutes past the hour.

**Initial Assessment:** Please arrive 15 minutes early for your first Pilates session. During this time the instructor will get an assessment of the individual and teach proper techniques of getting on and off of the equipment.

**Duet Prerequisite:** We suggest each client should attend 2-3 private lessons to begin with (depending on your learning curve), so the instructor can get an assessment of the client's body.

**Making an Appointment:** A valid credit card number or pre-payment is needed to hold any Pilates appointment. We recommend reserving your appointment in advance in order to ensure availability; however, we are delighted to accommodate you on short notice if we have an opening.

**Canceling an Appointment:** If an appointment needs to be cancelled or rescheduled please do so at least 24 hours in advance. Your credit card will be charged the full price of your scheduled service if you do not show up for your appointment or call to reschedule within 24 hours of your designated time. If you schedule on the same day and then must cancel or reschedule, you may still be charged. We strictly adhere to our cancellation policies out of respect to our other clients and instructors. Please understand, our instructors may have travelled or arrived early just to meet your request.

If you are in a duet class and your partner can not make the session, you will be responsible to make up the difference in cost, according to a private lesson fee. We will do our best to accommodate you if this happens and try to find another partner for you for the scheduled class. If we need to reschedule the class due to both of your schedules, we will do so.

**Arrival Time:** Please be on time to all of your sessions. It is highly recommended to be at the office 5-10 minutes before each Pilates session.

**Health Status:** Please make sure to notify staff members immediately if your health status changes or any emergency situation occurs during your Pilates sessions.

Please refrain from wearing lotion or jewelry during your sessions.

By signing this agreement, I agree to these terms set by Johns Creek Wellness Center.

\_\_\_\_\_  
(Patient Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Print Name)