

Memorial Athletic Club Pilates Studio

14520 Memorial Drive, Suite 56

Next to MAC for Women

Large Equipment Classes

281-558-6691

Classes are conducted with 4-5 participants in each class and are for individuals with no health issues; those with minor limitations should be addressed with Personal Training

Reservations: All classes must be reserved and paid for in advance. Classes are \$25.00/per class paid by the month. Reservations are made by the 25th and payment is due by 29th of prior month.

Cancellations: All classes are non-refundable. Memorial Athletic Club reserves the right to cancel any class not having enough participants.

Substitutes for Classes: Once you have reached intermediate level, you will be given a list of members that can substitute classes. If you need a sub, it is your responsibility to get your sub, collect payment, and let your instructor know.

Make-up Classes: If a participant misses a class they can try to find a spot in another class of equal level, or lower, within the same month. Participant can't call in advance and reserve a space. If there is a Reformer open when class begins they can take that Reformer. Make-up classes are only available to Essential and Intermediate participants.

Drop in for Classes: Once you have reached intermediate level, and approved by a Pilates Instructor your name can be put on the Drop-in list. You can call the day of the class and see if there is a spot available to take. The fee for drop in classes is \$30.00/class. In order to remain on the Drop-in list you must be attending classes or doing private sessions on a regular basis (within 90 days).

Class Guidelines:

- 1) Reformer classes are 50 minutes, please be on time to your class
- 2) Bring bottled water and a towel
- 3) After class please wipe down any equipment that you use and put equipment back in proper place

Signature

Date