

Pilates Participant Policies and Procedures

The policies and procedures are designed to ensure the safety and the well-being of each participant. These policies and procedures are subject to change without notice. We hope your experience is enjoyable and we look forward to working with you.

Pilates Policies

The Pilates Department provides top-quality instructors who deliver quality fitness and wellness solutions that support meaningful change in people's lives.

- Please wear clothes that are comfortable for working out, and we recommend bringing a bottle of water. Pilates is generally done barefoot; however, you may wear a pair of Pilates/Yoga socks that have rubber grilling on the soles.
- Participants are required to wipe down equipment utilized during class.
- Pick up and return to their proper locations all equipment and towels used during class.

Class Schedules

- We offer Trio Classes (3-person classes) & 6-Person Group Classes. The Trios, Privates & Duets are held in Studio C. The 6-Person Group Classes are held in Studio B.
- Classes will run monthly and meet 4 to 5 times depending on how many days and holidays fall in the month. Participants enrolled in a Pilates Reformer class have priority to register for the same class.

Weekly Schedule for Trios

- Mondays @9am with Jacqueline
- Tuesdays @9am with Keni
- Tuesdays @10 with Azita
- Thursday @4:30pm with Hafsa
- Thursday @5:30pm with Hafsa

Weekly Schedule for 6-Person Groups

- Mondays @1:30pm with Else
- Mondays @2:30pm with Else
- Participants must pay for the amount of time reserved regardless of the actual time used.

Registration

- To find out if there are any open spots in the group classes contact the Pilates Coordinator, Keni Colgan at kenic@apjcc.org to register for enrollment in the class.
- Participants must have completed a Pilates Orientation to join a Trio Class.
- Participants who want to enroll in the 6 Person Group Reformer are not required to complete a Pilates Orientation. However, having some general Pilates experience is strongly advised. We suggest participating in any of the Group Fitness Mat Pilates classes we offer to understand basic principles.

Cancellation Policy

- If you need to cancel or reschedule for any reason you may do so with your instructor or the Pilates Coordinator.
- Bookings are subject to our 24-hour cancellation policy. Reservations can be cancelled free of charge if cancelled at least 24 hours in advance of the scheduled class. Clients will be charged for full class if cancellation occurs after the 24-hour window. To cancel, please contact your instructor via their respective email or contact the Pilates Coordinator.

No Shows

- If you are registered for a class or session with an instructor and do not show up and notify the instructor 24 hours prior to the session you will be charged the full session amount.

Late Shows

- The instructor is required to wait 15 minutes past the scheduled start of the session. The instructor can leave after 15 minutes, and you will be charged the full session amount.

Group Class Late Shows

- Participants are not permitted in class after 15 minutes unless the instructor allows it. If the member continues to be late the instructor is permitted to no longer give them priority registration for the class.

Pricing: Pilates Professional	CM*	SM/NM*
One 55-minute session	\$75	\$85
Five 55-minute sessions	\$355	\$405
Ten 55-minute sessions	\$680	\$780
Duet: One 55-minute session (per person)	\$60	\$70
Duet: Five 55-minute sessions (per person)	\$275	\$325
Duet: Ten 55-minute sessions (per person)	\$530	\$630

Specialized Professional

One 55-minute session	\$80	\$90
Five 55-minute sessions	\$380	\$430
Ten 55-minute sessions	\$730	\$830
Duet: One 55-minute session (per person)	\$65	\$75
Duet: Five 55-minute sessions (per person)	\$300	\$75
Duet: Ten 55-minute sessions (per person)	\$580	\$680

Master Professional

One 55-minute session	\$85	\$95
Five 55-minute sessions	\$405	\$455
Ten 55-minute sessions	\$780	\$880
Duet: One 55-minute sessions (per person)	\$70	\$80
Duet: Five 55-minute sessions (per person)	\$325	\$375
Duet: Ten 55-minute sessions (per person)	\$630	\$730

3-Person Group

1 sixty-minute session (per person)	\$40	\$50
Monthly classes (per person/class)	\$35	\$45

6-Person Group

Drop-in	\$30	\$40
Monthly fee	\$100	\$140