

Pilates

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Pilates is currently one of the fastest growing forms of exercise, reaching a large variety of countries and cultures worldwide.

The STOTT Pilates repertoire consists of more than 500 systematic mat and equipment based mind-body exercises. It is a safe and effective method of exercise.

STOTT Pilates is an exercise method developed by a woman named Moira Merrithew, who received her training and certification from the STOTT Pilates Institute.

Collaborating with sports medicine professionals and physical therapists, Moira has spent over ten years updating the STOTT Pilates incorporating the research that Moira has conducted to eliminate contra-indicated movements while emphasizing safe and effective exercise techniques.

Nov 2 to Dec 11, 2020 Pilates Session

Pilates Guidelines

Registration

First priority for registration is given to participants currently enrolled in classes for one week and opening of the registration period. Registration can be done in person, by email or via phone.

Payment

Payment is to be made at time of registration. We accept MasterCard, Visa, Debit, Cash, or Cheque.

Refunds

Refunds will only be issued unless for medical reasons - doctor's or medical practitioner's note is required.

Make-up Classes

There is a maximum of 1 make-up class per person, per session. Make-up classes are not guaranteed and are dependent on class availability.

*Make-up classes will only be offered if **notice of absence is provided at least 24 hours prior to the missed class**

*Make-up classes **do not** carry over to the next session

Inclement Weather

We will do our best to give as much notice as possible in the case of cancelled classes due to weather, however if you are unable to attend a class due to weather, we will not issue a refund.

Studio Etiquette

- Please enter the studio from the Reception Area on the door to the right. Please exit the studio through the Front Entrance.
- You are encouraged to wear Toe Sox for safety and hygiene. Bodyworx Reception has an assortment for purchase.
- Please turn off cell phones.
- In consideration of others, the studio is a scent-free zone; please refrain from using scented products before class.
- Purses, cell phones, wallets and shoes can be stored in the numbered bin provided to you. The number coincides with your class.
- Please do not bring children to class.
- Bodyworx staff will sanitize the Reformer and the bin after use.

We appreciate your choice to invest in your health and participate in classes with Bodyworx Physiotherapy, Pilates & Yoga.

