



Terms and conditions - Private sessions

BOOKING

Sessions can be booked by contacting Beth Ellis by phone or email and setting a mutually agreeable time.

SESSION CONTENT

The first session will involve a short assessment of your goals and objectives including a posture analysis, followed by a warm up and the main work out session. If there is more than one participant in the first session Beth may not include the posture analysis, however if you would like to do this in another session Beth will be happy to oblige.

CHANGING SESSION TIMES

If you wish to change the time of your session please contact Beth by phone no later than **7pm the day before your session** and she will do her best to accommodate you.

GETTING THE MOST FROM YOUR SESSION

Ensure you are wearing comfortable clothing that does not restrict your movement but not too loose as your body alignment will need to be monitored. It is advisable to have a bottle of water near by that you can drink during the session. Pilates is a hands-on form of exercise and there may be instances where you need to be placed into position. If you would prefer to be verbally directed please make Beth aware at the start of the session. Feedback to the Instructor is important so please speak up with any questions you have or if you want the sessions to be more tailored, e.g. focus on upper body strength or flexibility.

Last of all – practice, practice, practice. If you are only exercising once a week your progress will be slow. The more you practice the quicker you will see results. If you would like Beth to set you a programme then please just ask.

CANCELLATIONS

Cancellations made after **7pm the day before your session** will be charged at the **full rate**. Please note that private group sessions will be charged at the full agreed rate even if some group members cannot attend.

If Beth has to cancel a lesson due to unavoidable circumstances you will not be required to pay for it. Beth will try and give as much notice of cancellations as possible.

PAYMENTS

Individual sessions are payable directly to Beth at the end of the session by cash or cheque. (Cheques should be made payable to 'Beth Ellis'.) If you have a regular session you may be asked to pay monthly.

SESSION PRICES (Please note these prices may be subject to travel costs. Beth will discuss this with you before confirming the price.)

	1	2	3	4
PRIVATE SESSIONS	PARTICIPANT	PARTICIPANTS	PARTICIPANTS	PARTICIPANTS
	£35	£17.50pp	£11.50pp	£8.75pp

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