

## Welcome to Mary's Modern Pilates Class

I am very pleased to welcome you to my Modern Pilates class!

Modern Pilates offers a client centred programme that works both the body and mind through controlled progressive exercise. It is a scientifically based programme offering all the benefits of Pilates with the advantage of recent research, to improve quality of life and functional ability.

Through coming to class you should gain the benefits of:

- Increased mobility and flexibility
- Greater muscle tone and core strength
- Improved posture and movement quality
- Greater muscle strength and endurance improving physical ability
- Improved function of the lungs and circulation
- Prevention and management of back pain
- Reduction in pain caused by muscular imbalance
- Reduction in the effects of lifestyle stress

Terms and Conditions:

1. Classes cost £9.00 each payable in a block of lessons. The blocks will be about 6- 8 weeks long.
2. Payment is due for the whole block on the first lesson. Payment can be made by cheque, or through my website or in cash. Checks can be made payable to Mary Parkinson.
3. Within any block you may take a maximum of one week off unpaid, for planned holidays or appointments. You need to let me know this date if needed, before or on the first class of the block. If you miss the first class in the block and it has not been booked off in advance you will still need to pay for the missed class.
4. If the class is cancelled due to instructor illness you will be refunded for the missed class.
5. If the class is cancelled due to extreme bad weather the class will **not** be refunded to you.
6. Please give a weeks notice to cancel your place for the next block.
7. Please let me know of changes you may experience. Including health changes, change of address or circumstances relevant to the class.
8. You may of course bring your own mat, block and any other specified equipment, or you can use mine.

Mary Parkinson. Fit For Life