

# the pilates studio

## Membership FAQs

### Why should I choose a membership?

- You will enjoy discounted private, tower or mat group classes.
- A membership ensures you stay consistent with your workouts and reach your goals.
- Weekly appointments help you get stronger faster.
- Plus, you become part of **the pilates studio** community, you're encouraged and challenged, and you meet like-minded people.

### What types of memberships are available?

We have memberships for private lessons, tower classes (in studio) and mat classes (online + in studio). Choose from 4 or 8 (12 on request) sessions per month.

The minimum commitment is 3 months which then automatically renews for another 3 months (unless you cancel). The more classes you commit to, the more you save.

You can combine Private, Tower and Mat memberships.

### What if I have to be absent for work reasons or go on holiday?

- Our memberships are designed to accommodate holidays and travel time.
- Classes you don't use one month will automatically carry over to the next month and you can come back more often the next month. So you always have 60 days to use your classes. After 60 days, the classes expire.
- You can "freeze" your membership for a minimum of 30 days and a maximum of 2 months, once a year (for a 10€ fee).
- The year has 52 weeks, and if you have a "4 classes per month" membership, you will pay for 48 weeks (over 12 months), so 4 weeks will not be charged.

### What if I decide to attend more sessions?

We are delighted if you wish to upgrade your membership to include more sessions or classes at any time. To downgrade, you must first cancel your current membership.

# the pilates studio

## **Can I try different classes or do I have to commit to one class?**

You are welcome to try different classes. Especially if you can't attend your usual class, we would love for you to attend another class that week. Please note, however, that some classes fill up quickly. If you do not sign up for a permanent spot in a popular class, you risk not getting a spot in that class, as committed participants have priority.

## **How do 4-month memberships work in 5-week months?**

In this case you can let it roll from a future month, skip a week or, choose to pay for the extra session (with a 5% discount off the drop-in price).

## **How are the instructors certified and trained?**

The excellent training of our instructors is what sets the pilates studio apart. While some training programs train instructors in a weekend, we require our team to have at least 600 hours of comprehensive training, and they must continue their education every year. We are ready to work with injuries, pre/post surgery, pre/post birth, pain management, misalignments, our goal is to help you feel your best!

## **Why is Pilates an investment?**

Our studio is equipped with Gratz equipment, authentic equipment designed by Joseph Pilates himself. Pilates is a good investment because it keeps you strong and flexible, helping you prevent injury and live your life to the fullest. With the alignment you build in your Pilates practice, you can avoid expenses for doctor visits, physical therapy and maybe even surgery.