

# Pilates at Ethos

## Ethos Pilates Studio Policies

### Duo & Trio Booking Considerations

- If you have a group that would like to try Pilates together let us know. The group setting can make exercise more fun and affordable.
- All individuals in the group are required to schedule at least one individual assessment.
- *NOTE:* The group setting is not appropriate for all. Those with orthopedic conditions or spinal injuries or other conditions which require hands-on attention by an instructor or modification of exercises should train privately.
- Class advancement is at the discretion of the instructor.
- Students must be injury free as classes are choreographed and move with a “pace”.

### Cancellation Policies

#### SOLO

- If you are canceling within 24 hours of your scheduled session, you will be charged for the session.
- If you are canceling more than 24 hours prior to your scheduled session, you may reschedule your session based upon instructor availability.

#### FLEX Package

The FLEX package will guarantee your time slot regardless of whether you are booked as a solo, duo or trio.

Example: If you are scheduled for a duo session and your partner(s) cancel, you will keep the slot and your account will be charged at the solo rate. See our Pilates Coordinator for more details.

#### Lateness Policy

- If you are late, your session will end on the scheduled time.

*Please contact the Pilates coordinator or the reception desk for more information.*



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[www.ethosfitness.com](http://www.ethosfitness.com)

Midland Park Shopping Center - Corner of Goffle Rd & Godwin Ave

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