



'Helping You Fulfill Your Body's Potential'

About Our Classes & Memberships

We hold our regular classes on Tuesdays, Wednesdays and Thursdays, morning and evening sessions, and Friday mornings.

We offer 2 different types of membership. Precision & FlexiClass.

Precision membership

Precision members register for one of our regular classes and attend that class each week. Being registered to the class, they have a guaranteed class space each week. They are expected to attend the same class each week and cancel when they cannot attend. They can change the class they are registered to or transfer to FlexiClass membership, subject to availability, but not partway through a month.

FlexiClass membership

FlexiClass members are not registered to any class so have no guaranteed class place but can attend any class as and when they like. They book their own classes using tokens they receive each time they pay their monthly subscription. They can change to Precision membership, subject to availability, but not partway through a month.

Class Credit Scheme & Tokens

Precision members who are registered to a class receive a token each time they cancel a class meeting a cut off time which they can redeem by booking other classes online. All tokens have a 6-month expiry date from the date that they are applied to a member's account and oldest tokens are used first when using them. Tokens cannot be used in lieu of payment of a monthly subscription but, when booking private lessons, one token can be used towards the cost of the lesson. Extra tokens can be purchased if you run out of tokens (value £10 per token).

Online Booking Portal

All members create an account when signing up for membership. Classes are booked and cancelled via this account. From your account, you can also purchase tokens; book private lessons; update personal and bank card details. It is a very easy and intuitive system to use, and we provide a set of operating instructions upon membership.

A combination of mat and reformer classes

Our monthly subscription facilitates an ideal way of combining the 2 Pilates disciplines, mat & reformer. You do 2 weeks of mat classes followed by 2 weeks of reformer classes. Since introducing this system a few years ago, members have made significant progress because of the distinctive benefits each discipline provides and changing from one discipline to the other also provides variety.

Our reformers convert into beds for mat Pilates and the height of the bed is ideal when exercising in a seated position. Nowadays most people struggle to sit on the floor with an upright spine and find it uncomfortable, whereas the height of our beds enables members to sit in ideal alignment more comfortably.

Timetable of classes

Go to our website www.pilatesheavenuk.com to check out the timetable of regular classes plus the extra ad-hoc classes that we provide each month. The extra classes are a variety of specialist activities including some virtual mat classes via Zoom.

Class Levels

For the regular weekly classes, we provide varying class levels: fundamental level, mixed level (low intensity) and mixed level (intermediate intensity).

Fundamental Level

This is the ideal starter level and takes you through 15 Pilates foundational mat movements, modifying or progressing them as required for the individual. As you improve, movements will be progressed providing more challenge. Those who become accomplished at fundamental level can either remain at this level or move onto our mixed-level classes.

Mixed Level

Low intensity level provides another starter level for those who are fitter and with fewer posture and/or fewer medical issues/health conditions. You will be introduced to the same 15 foundational movements that are performed at fundamental level, but the mixed level status allows you to learn more challenging movements as well all of which can be modified according to individual need.

Mixed Level

Medium intensity level provides more challenging movements for those with more Pilates experience. This level and levels higher than this may not be deemed appropriate for those with a history of spine or joint issues, medical issues, and/or health conditions including pregnancy. Those who have done Pilates before may find this is a suitable starter level, but it is not an ideal starter level for anyone with no previous Pilates experience.

Once you are familiar with the various exercise movements and have gained more Pilates experience, it is possible to attend any class level when using tokens to book classes because you either modify or progress a movement according to your ability and knowledge of Pilates.

Class place availability

Just like other Pilates studios that offer machine Pilates, we have limited class sizes due to the number of machines we can accommodate in our studio (7 per class). Our classes are very busy and many of our members have been with us for many years. Therefore, class places are limited in availability, and to ensure that everyone has a chance to attend a weekly class we must apply certain terms and conditions that members must accept. These include cut off times for cancelling classes. We monitor class attendance providing monthly class usage figures to ensure there is sufficient space in the studio for everyone to attend regularly.

Fees and monthly subscriptions

Everyone pays a monthly subscription on the 1st of the month for that month's classes. The payment is taken from the card that you register when you sign up for membership on our website. There are no refunds of fees and monthly subscriptions.

Joining Fee	£20.00
Group Reformer Introduction Session	£15.00
Precision Membership	£45.00
Monthly Subscription	
FlexiClass Membership	£40.00
Monthly Subscription	
Token	£10.00 each
Private Lessons	Price supplied upon membership.

Starting Classes

Go to our website www.pilatesheavenuk.com to sign up for membership. Full instructions are available at the start of the signing up process. If your application is successful, you will receive an automatic email notification confirming everything and we will then contact you with further information.

During the signing up process you will be asked to book an introduction session. You must attend a group reformer introduction session prior to starting classes even if you have done Pilates before and/or used a reformer before. We do not offer private introduction sessions. Dates of the sessions throughout the year are on our website and in our signing up instructions. Choose the appropriate session for the month for which you wish to start classes and check out the booking deadline. After you have attended the introduction session membership is approved if there are no issues or concerns about your participation in classes and you wish to commence membership from the 1st of the following month.

Closure of studio for holiday breaks

There are times when we close the studio for short breaks including public holidays. Members are notified of closures with reasonable notice. When the studio is closed, Precision members receive tokens for the weeks of closure. FlexiClass members receive the full monthly quota of 4 tokens as usual.

Deferring membership

Members cannot defer membership. If there are extenuating circumstances preventing regular attendance for a period of weeks or months, ie illness, medical issues, work or family commitments, prolonged holiday, a member can continue to pay the monthly subscription and accrue tokens or cancel their membership. If a member knows that they will be absent for 3 or more consecutive weeks, they should advise us so that we can make allowance when it comes to monitoring regular attendance.

Cancelling Membership

To stop a payment in time for the next renewal, members must advise us via email that they wish to cancel membership. Emails must be received no later than 15th of the month. Once notice to cancel has been given, members can continue to attend classes up to the next renewal.

Membership will be cancelled immediately should your bank decline a request from us for a monthly subscription, ie failed payment.

If we have cause to cancel a member's membership, it may be cancelled with immediate effect and not at the next renewal.

When membership is cancelled, a member's account is removed including all personal information and unused tokens. There is no recourse to refund of any fees nor refund of unused tokens. The only recourse to membership is to rejoin via the online signing up system on our website. Tokens removed from an account when membership is cancelled are not reinstated under any circumstances.

Private Lessons

Private lessons are strictly for members only. Members may use one token towards the cost of a private lesson. We provide posture assessments, technique reviews as well as a basic mat, or reformer lesson. We do not provide any private introduction sessions.

Terms & Conditions

These can be found on our website on the Studio Information page and if you click the link beneath the tick box during the signing up procedure. Our terms must be accepted.

Contact Us

Email is best: info@pilatesheavenuk.com

Telephone: 0121 354 9023

We may be teaching so please leave a brief message including your telephone contact details and email address. We will return your call or send you information via email as soon as we can.