



'Helping You Fulfill Your Body's Potential'

Our Memberships

We offer 2 styles of membership.

Precision membership

Precision members are assigned to a class, guaranteeing a class place each week, and they attend that same class each week. They are assigned to the same class all the time they pay a monthly subscription which is due on 1st of the month. They can change classes subject to availability but not partway through a month.

FlexiClass membership

FlexiClass members are not assigned to a class. They book their own classes from any of the classes we offer each month. They have no guaranteed class place until a class is booked but they do have the flexibility to attend on different days and times, if necessary. They receive 4 tokens on 2nd of the month all the time they pay a monthly subscription which is due on 1st of the month.

Fees

One-off Membership Joining Fee	£20.00
Group Reformer Introduction Session	£15.00
Monthly Subscriptions	
Precision Membership	£45.00
FlexiClass Membership	£40.00
Tokens	£10.00 each

Members pay for one months' worth of classes at a time and can cancel membership anytime, subject to notification deadlines.

Timetable

All our regular weekly classes are mat/reformer classes alternating on a fortnightly basis. Please refer to separate timetable for days and times.

All our classes are Mixed Level ability. This means that you can be accommodated in any of our classes irrespective of your physical ability and/or Pilates experience.

We can accommodate all levels within each of our classes because we teach Modified Pilates, The Pilates Institute Method (PIM). This method categorises all the original Pilates movements into 3 different levels (fundamental to advanced) and participants learn to perform levels that are appropriate for them ensuring safe and effective exercise.

We will guide you on your journey through Pilates as you use your personalised work-out card for reformer and as you work through the various mat exercises.

Some months, we provide additional one-off classes that enable us to provide further varied Pilates-related exercise disciplines. These classes can only be attended by using a token to book via our online class booking system. Tokens are accrued when you cancel a class that you cannot attend and/or they can be purchased (see price above).

Member Account & Online Class Booking System

When you sign up for membership, you create an account from which you can access the class booking system and other services we provide.

Members are responsible for managing their online account.

All members are expected to cancel classes when they can't attend them which they do via the class booking system. This system also enables them to rebook a class that they have cancelled, subject to availability, and booking classes using tokens.

Tokens

FlexiClass members book their classes using tokens the 4 tokens that they receive each month (2nd).

Precision members receive a token each time they cancel a class, subject to terms and conditions provided upon membership.

If a member has no tokens and would like to book a class, they may purchase tokens.

Tokens are non-refundable, non-transferable and cannot be used in lieu of payment of a monthly subscription

When the studio is closed for holidays, Precision members receive a token for each week of closure at the beginning of the month in which the closure occurs (2nd). FlexiClass members receive 4 tokens as usual.

Private Tuition for Members Only

Once a member, you can book private tuition via your member account using one token maximum towards the cost of any lesson. Details provided upon membership. We do not provide private tuition for anyone other than members.

Want to Sign Up for Membership?

Refer to separate information (Signing Up for Membership) which provides full instructions including how to book an obligatory reformer introduction group session. We do not provide private sessions for introductions to the reformer.