



'Helping You Fulfill Your Body's Potential'

## Sign up for Membership

When you sign up for membership, you must book an introduction session. The date of the session you must attend depends on the month that you wish to start classes. See below for dates of sessions and booking deadlines.

All reformer introduction sessions must take place before 20<sup>th</sup> of the month to facilitate our online registers and class booking system and they can only be uploaded to the online system one month at a time.

Sessions are uploaded by midday on 3<sup>rd</sup> of the month so you can book up from then up to the booking deadline. After that, you must wait for the following month before you can sign up. Do NOT sign up if you have missed the booking deadline.

To sign up, go to our website [www.pilatesheavenuk.com](http://www.pilatesheavenuk.com)

There is a **Get Started** tab on our home page and on our group classes page. Click a Get Started tab. You will have 2 options: Precision or FlexiClass membership. For Precision, you will need to choose a class that you wish to be assigned to. If the class you would like to be assigned to is full and no other classes are convenient for you, or the FlexiClass tab says that the membership is full, please contact us. We may be able to help you.

There are step by step instructions on the page before you sign up explaining what to do. We advise that you read these prior to signing up to ensure you sign up successfully.

If you don't complete the whole process in one go without interruption, and/or you don't book an introduction session at the end, your attempt to sign up will not be successful. Do NOT attempt to sign up again until you hear from us. Before you can sign up again, we must delete any account that you set up, and we will email you to confirm when this has been done.

## 2026 DATES FOR GROUP REFORMER INTRODUCTION SESSIONS

| Date you wish to start classes                                               | You will need to attend this introduction | Booking deadline  |
|------------------------------------------------------------------------------|-------------------------------------------|-------------------|
| 1 January 2026                                                               | 15 December 2025                          | 10 December 2025  |
| 1 February 2026                                                              | 19 January 2026                           | 14 January 2026   |
| 1 March 2026                                                                 | 16 February 2026                          | 11 February 2026  |
| 1 April 2026                                                                 | 16 March 2026                             | 11 March 2026     |
| 1 May 2026                                                                   | 13 April 2026                             | 08 April 2026     |
| 1 June 2026                                                                  | 18 May 2026                               | 13 May 2026       |
| 1 July 2026                                                                  | 15 June 2026                              | 10 June 2026      |
| No memberships start in August due to holidays and studio closure that month |                                           |                   |
| 1 September 2026                                                             | 17 August 2026                            | 12 August 2026    |
| 1 October 2026                                                               | 14 September 2026                         | 09 September 2026 |
| 1 November 2026                                                              | 19 October 2026                           | 14 October 2026   |
| 1 December 2026                                                              | 16 November 2026                          | 11 November 2026  |
| 1 January 2027                                                               | 14 December 2026                          | 09 December 2026  |