



Welcome to BodyBella Pilates Studio

Thank you for taking an interest in our Pilates Studio. We have listed some information below:

- Class Descriptions
- Payment
- Terms and Conditions
- Social Media / Contact

Class Descriptions

Introduction to the Reformer

The Pilates Reformer is a machine specially designed to allow the user to perform a wide variety of Pilates exercises. Ranges can include stretching, using the springs' resistance for strengthening, to cardio workouts with the Jump board - like a mini rebounder – and you can exercise lying down, how great is that!

- **\$15 per person,**
- You will have a demonstration on the Reformer and how the components of the Reformer work – wear comfortable clothing i.e., leggings / t-shirt,
- A discussion about any pain, injuries, and goals you may have,
- Health and Safety in the studio,
- How to join the Beginner Reformer classes, Group Reformer timetable and Private sessions.

Beginner Reformer classes

The Beginner classes are run at a slower pace to allow you to build confidence using the Reformer, get use to the different movements being taught correct technique and form. Don't be afraid to ask any questions along the way.

- **\$28 per person, per class,**
- Class durations is 45 minutes,
- Each class offers progression through movements,
- We recommend attending a minimum of three Beginner classes,
- Ideal for clients returning to Pilates that need a Refresher on the exercises,
- Always wear grip socks for hygiene purposes and health and safety,
- Grips socks are sold at the studio for \$20.



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Group Reformer classes

- Classes are \$28 per person, per class,
- Class duration is 45 minutes and choreographed to work your entire body, with modifications to suit,
- There are four spaces in each class,
- You must wear grip socks. These can be purchased at the studio for \$20 a pair.
- Clean your machine down after class,
- If you are new to Pilates Reformer you must attend a minimum of three Beginner classes before joining the group classes (*please read the Beginner Classes information above*),

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6 – 6.45am Group Reformer		6 - 6.45am Group Reformer	
	9 - 9.45am Group Reformer		9 - 9.45am Group Reformer		9 - 9.45am Group Reformer
				10 - 10.45am Group Reformer	10 - 10.45am Group Reformer
	4 - 4.45pm Group Reformer		4 - 4.45pm Group Reformer		11 - 11.45am Group Reformer
5.15 - 5.55pm Beginner	5.15 - 5.55pm Group Reformer		5 - 5.45pm Group Reformer		
6 - 6.45pm Group Reformer	6 - 6.45pm Group Reformer	5.45 – 6.30pm Group Reformer	6.15 - 7pm Group Reformer		
7 - 7.45pm Group Reformer	7 - 7.45pm Group Reformer	6.30 – 7.15pm Beginner			
		7.30 - 8.00pm Intro to Reformer			



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Private Sessions

A Private session provides an individual workout programme under Mel's guidance and tailor made for you. These classes are booked outside of the Group Reformer timetable. Contact Mel to book a session.

- \$30 for 30 minutes 1:1 – Private session
- \$45 for 45 minutes 1:1 – Private session
- \$60 for 60 minutes 1:1 – Private session

Class pricing and class packs

Introduction to Reformer is \$15 per person, per class.

Beginner and Group Reformer is \$28.00 per person, per class.

Class Packs

Class Packs are available to purchase, all class packs are valid for three months.

You can purchase and pay for a class pack by eftpos in the studio, or online banking into the BodyBella bank account (see details further on). We do not have the facility to allow to purchase and pay for packs directly from the website.

By purchasing a class pack this reduces the cost of the class from \$28 to \$26pp, per class. Mel maintains a spreadsheet of group classes you attend and when your next class pack is due Mel will advise you by text message.

Packs available to purchase and pricing are:

- 4 pack - \$104,
- 8 pack - \$208,
- 10 pack - \$260,

Normal Terms and Conditions apply to all class packs (mentioned further on).

Payment

Payment can be made by eftpos, or online banking on the day **or paid no later than the day of attending your class**. The bank account details are: 12-3142-0476294-00. Account name is BodyBella Pilates Ltd.

Use your name, date and time of class as references, for example: Mel Harrison 9 June 5pm.



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Terms and Conditions

We want everyone to have a fun and safe workout so there are a few things we need to do to make sure that happens:

- Always wear grip socks for hygiene and safety purposes,
- Clean your machine down after class,
- If you are unwell, please stay at home and take care of yourself,
- Remember to follow the instructions, please advise the instructor if you have any injuries or conditions so exercises can be modified,
- If you are new to Pilates Reformer you must attend a minimum of three Beginner Reformer classes before joining the Group Reformer classes.

Cancellation Policy

As the studio has limited places per class, we are keen to make sure as many people as possible can attend a class each week.

- If you cancel with less than 24 hours' notice, you will be charged for the class,
- If you are a No Show (don't attend your class) you will be charged for the class,
- If you give at least 24 hours' notice and have pre-paid, you can use this credit for your next class (*to be used within 5 working days*),
- If you find that your circumstances mean you cancel your classes frequently, payment in advance will be required for all classes,
- All payments need to be up to date to make future class bookings.

Privacy Policy

All personal information will be kept confidential and will not be disclosed outside of BodyBella Pilates Ltd without your consent.

Client Health and Safety Policy

- For the health and safety of our clients we ask that you advise the instructor if you have any medical conditions and provide a medical certificate where necessary,
- If you are pregnant, please bring a signed medical consent form from your Doctor before your first class.

Child policy

- Children are welcome at the studio whilst their parent is attending a class,
- Please supply a source of entertainment to occupy your child/ren during class time so there are no distractions to the other people in the class.



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Disclaimer

- Please look after your belongings at the studio, as we are not liable if anything goes missing,
- Please follow the instructions, and potential modifications offered during the class. All due care will be taken, however BodyBella Pilates is not responsible for any injury you may incur,
- From time to time we may need to cancel a class due to illness, instructor availability, public holidays, or unforeseen circumstances. BodyBella Pilates Limited reserves the right to cancel classes and we will give you as much notice as possible.

BodyBella Pilates Contact and Studio Hours

Melissa Harrison is the Owner and Principal Instructor of BodyBella Pilates. Mel is trained and qualified in Mat Pilates and Group Reformer Pilates.

We are located at 20 Benzie Avenue, Wallaceville, Upper Hutt. We are on the corner of Benzie Avenue and Wood Street. Entrance and parking are located on Wood Street. You'll see a carpad and a set of stairs going up to the house, walk up the stairs and ring the doorbell.

Please check out our FAQ on the website or contact Mel for more information.

Mobile: 021 110 6088

Email: mel@bodybella.co.nz

Social Media

Check out our Website, Instagram and You Tube for videos, like our Facebook page and join the BodyBella Pilates Members Group - specifically for Members and information on Pilates.

Website: www.bodybella.co.nz

Facebook: www.facebook.com/bodybellapilates/

Instagram: <https://www.instagram.com/bodybellapilates/>

You Tube: [bodybella pilates - YouTube](https://www.youtube.com/channel/UC...)

The studio is open from Monday – Saturday.

Thank you

Mel 😊