



Motion Matters Exercise and Rehabilitation Centre
164 Laurier Avenue West – Ground Floor – Ottawa, ON – K1P 5V5 (613) 237-4343

EXERCISE AND REHABILITATION CENTRE POLICIES

- 1) Members must present a valid membership card for admittance into weight training and class areas. Non members must present proof of payment. Anyone who can not produce a valid membership or proof of payment will not be permitted into the weight training/class area.
- 2) Before beginning any activity at the centre all individuals **MUST** complete a physical assessment with a personal trainer or class instructor.
- 3) **24 Hours notice is required for cancellation of all services.**
- 4) **Individual sessions (Pilates and personal training) cancelled without 24 hours advance notice will be required to be paid in full.**
- 5) **There will be no make up classes offered for group classes that are missed or cancelled with less than 24 hours notice.**
- 6) All outdoor footwear is to be removed and placed on the shoe/boot rack in the vestibule before entering the centre.
- 7) Shirts and clean, indoor shoes **MUST** be worn at all times in the weight training area. Pilates classes may be attended in bare feet or socks.
- 8) Cell phones and Blackberrys should be turned off upon entering the centre and will not be permitted into the weight room or class area.
- 9) Lockers are provided for use, free of charge. Locks and belongings must be removed at the end of each exercise session/class.
- 10) A maximum of 10 people will be permitted in the weight training area at one time (this includes the reformers), therefore **ALL** Pilates and Personal Training sessions, both private and solo, **MUST** be booked in advance.
- 11) Services may be covered by some insurance companies.