



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

CLASS POLICIES

For your information:

- 1) Members must present a valid membership card for admittance into class area. 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 class.
- 2) Before beginning Pilates classes individuals **MUST** complete an initial fitness assessment with one of our Pilates instructors. The assessment is used to determine your current fitness level as well as to set goals that may be monitored and progressed throughout your Pilates classes. The fitness assessment also helps the instructor to establish the best class level to suit your needs.
- 3) A maximum of 10 people will be permitted per class.
- 4) **24 Hours notice is requested for all cancellations.**
- 5) **No make ups will be offered for missed classes or classes cancelled with less than 24 hours notice.**
- 6) It is your responsibility to arrange for make up classes. Please call the clinic or see the receptionist who would be happy to make arrangements for you.
- 7) Make up classes must be scheduled within one month of the end of the session.

For your comfort and enjoyment:

- 1) Wear comfortable clothing (t-shirt, leggings, shorts).
- 2) No shoes necessary. Pilates classes are taught in bare feet or socks.
- 3) We will provide you with all equipment necessary for the class.
- 4) Please try to arrive at least 10-15 minutes early so that we may start the class promptly at the scheduled time.
- 5) Mats should be wiped down after each class with the cloths and cleaner provided.
- 6) Bring a water bottle and towel as they are not provided by the centre.
- 7) Lockers are available for use during class.
- 8) Showers are available for use after class.
- 9) Please turn off all cell phones and Blackberrys while in the class area.