

Welcome to Triangle Pilates and Cary Yoga Center. Our mission is to provide high quality, personalized Pilates and Yoga instruction in an intimate studio environment. In order to help us deliver the best experience for all students, we ask that you review the Studio Policies. Thank you for choosing Triangle Pilates and Cary Yoga Center.

STUDIO POLICIES

Arriving at the Studio.... When you arrive, please sign in, put personal belongings in cubbies or changing room and set up your mat with your props (Pilates or Yoga). If you know that you are going to be late, please call the studio to let someone know that you are on your way. _____

Expiration Dates...the 5, 10, 15, & 20 class cards, private, and semi-private session packages all have an **expiration date of 90 days from the first class you take or 365 days from purchase whichever is sooner.** Please purchase carefully. Family members may SHARE the same card for no additional fee with the exception of unlimited cards. When your card expires by date or usage, you should receive a reminder by email _____

Equipment Classes...Each class that utilizes the Pilates Equipment counts as **2 classes** on your cards due to the small class size. Please keep this in mind when purchasing your class card. _____

Cancellation Policy...You have 24 HOURS PRIOR TO YOUR CLASS/PRIVATE SESSION to cancel. We will attempt to fill your class regardless of when you cancel, but should you contact us less than 24 hours in advance AND other clients have been turned away, we will deduct the class from your card. With regards to privates, if the teacher shows up because the cancellation was last minute and we were not able to contact them, again we must pay the teacher and deduct the session. _____

Class Reservations...Our online system allows you to choose and reserve your place in classes. Reservations may also be made in person or over the phone. _____

While In the Studio...Please use only **closed** non-breakable drink containers. For safety reasons, chewing gum is not permitted in the studio during your session. We provide disinfectant and towels to clean the mats and equipment. Always remember to clean your mat and props after class. _____

What to Wear...We recommend comfortable tops and bottoms, socks or barefoot. For your convenience, we sell tops and bottoms that are great for class. _____

Guests of our Clients...Each guest must fill out a health history form and consent before taking class. If they are visiting from out of town, there is an abbreviated version available. Out of town guests may use your card. We ask that local guests only use your card on their first visit. _____

Children in the Studio...We love kids, but please check with the studio prior to bringing children in during your class time. _____

Perfume & Scented Lotions...We all have them and like to use them. With that said, it is important to be aware that other clients might have allergies or be sensitive to heavy perfumes and lotions. Please keep the use of these products to a minimum when in the studio. _____

Tobacco Use Prior To Class...Please be mindful of others with the use of tobacco prior to class, the rooms are small and we have to be considerate of allergies. _____

Update your Information...Please keep us up to date concerning the information given on your Health History form. For example, if you have any changes with your name, address, telephone, email account, or physical health, please inform us in person, or by phone or e-mail. _____

I have read and understand the above policies _____

At Triangle Pilates and Cary Yoga Center we are fortunate to be able to learn, practice, and experience Pilates & Yoga together. Thank you for your cooperation and we look forward to seeing you in class!