

Progressive Pilates Policies

Cancellations

A 24 hour notice of cancellation is required to avoid being charged for your session. Monday appointments must be cancelled by 1:00 pm on Saturday to avoid being charged. The studio and/or instructor will provide a 24 hour cancellation notice if an appointment or class cannot be kept. In some circumstances, another qualified instructor may substitute.

Packages

All packages expire in three months and are non-transferable and non-refundable. Please be sure to purchase the package that matches your exercise commitment.

Arrival

All sessions are one hour, so arrive early enough to get started at the scheduled time. Sessions cannot be extended due to being late.

Payment

Payment is required when scheduling all appointments. We accept cash, personal checks and credit cards. The client is responsible for fees associated with any returned check.

Inclement Weather

In the case of inclement weather, local school closings will be the indicator as to the status of the studio. The 24-hour cancellation policy will not be applicable under these circumstances.

Gift Certificates

Gift Cards/Certificates are available for purchase and must be redeemed within one year of purchase.

Cubbies

Storage cubbies are available for your convenience. Please store your personal items in the cubbies in order to keep your items separated from other clients' personal property and keep the studio organized. Progressive Pilates assumes no responsibility for lost or stolen items

Recommendations

Please be considerate of others by turning off cell phones and/or pagers. Five private sessions are required prior to taking a duet. Two sessions per week will give results, three sessions per week is optimum.