

Payment Policy

*Payment is due at the beginning of each Appointment or Class Package renewal. Cash, Check and Major Credit Cards are accepted. **Reservations for Appointments or Classes must be PREPAID to hold your Appointment or Class time.** Consider renewing your package on or before your current package runs out/expires to reserve your desired time. Rates are subject to change.*

Cancellations

*Kindly give 24 hour notice for **Appointment (Private or Duet)** cancellations. This will be considered an Early Cancel and you will not be charged for that Appointment. Kindly give 4 hour notice for **Class (Group)**. Cancellations made outside of required notices are considered Late Cancels and are subject to full charge with exception to illness or emergency. An Appointment or Class may be Gifted to a friend or family member as another option when canceling is necessary.*

Attire

*Fitness wear is recommended. Avoid zippers, large buttons and overly flowy material as these things can get caught in equipment. **Please leave your jewelry and BLING at home.** No one will be permitted to use the AntiGravity® Harrison Hammocks while wearing jewelry. This includes necklaces, rings, watches and dangling earrings. The jewelry can get caught in the Hammock and hurt you/put holes in the Hammock. You'll want to wear a long-sleeved shirt and fitted leggings or fitted shorts for AntiGravity®. Please wear socks, though you may need to take them off from time to time. Please bring a small towel.*

Consideration

*Please turn off all mobile devices prior to the beginning of each class. **No one will be permitted to participate in class more than 10 minutes late,** for the safety and consideration of yourself and others in class. If you must leave a class early, please do so as quietly as possible. Please refrain from wearing perfumes while in the studio.*

Scheduling

Certain Classes require reservations ahead of time. Usually, 1-2 hours before the class begins. This is because instructors need to know how/if they should prepare for class/set up studio.

***Always** check the MindBody App online via sthielpilates.com or by downloading the FREE MindBody App to your smart phone or call the studio (412-482-4921) for possible last minute schedule changes and during inclement weather. Though we do our best to keep intended schedules or inform clients of changes ahead of time.*

Please leave valuables at home. STHIEL PILATES not responsible for lost/stolen articles.

Signature _____ Date _____