

Our face-to-face Pilates classes have returned

Class times are:

- Mondays at HGCC - 10.30am Intermediate, 11.45 Gentle/Beginner
- Thursdays at HGCC - 6.30pm Gentle/Beginner, 7.30pm Intermediate
- Fridays at HGCC - 9.15am Gentle/Beginner, 10.30am Intermediate+

A full risk assessment has been conducted following the advised 7-factor guidance for all face-to-face treatment, taking into account our professional and legal responsibilities, environment, infection control, PPE, virtual triage, clinical reasoning and consent. The following measures have been put in place to ensure we adhere to this guidance and remain COVID secure.

- 1) Maximum face to face attendees remains at 12.
- 2) Everyone is asked to complete a COVID-19 screening questionnaire and a face-to-face Pilates class consent form.
 - ***Please note this asks about if you have symptoms for COVID-19 - please consider this to be an ongoing review before each class that you are booked on to. If you have symptoms at any point, please do not attend your next class and follow the ongoing guidelines about self-isolating. If in any doubt, phone and speak to your Physio prior to attending***
- 3) There will be a one-way system in place, meaning a door for entry and a door for exit.
- 4) Toilets will be in use, but only one person to be in at a time.
- 5) Please bring your own mat, headblocks and resistance bands until further notice. I will provide any additional equipment that will be sanitised between individual use. You do not have to use the equipment.
- 6) Please use hand sanitiser and arrival and before departure. This will be provided but feel welcome to bring your own.
- 7) Currently facemasks are not required to be worn whilst exercising as the mats can be placed 2m apart (the places where you place your mat will be marked out). Please come wearing a facemask to manage risk whilst passing each other as you get into place.
- 8) During Pilates classes the Physio will keep a 2m distance from you and will not be doing any hands-on correction of your technique until guidelines allow us to do this in a class situation.

PRICES

Fees are as follows:

- 1 x weekly face to face class - £35 per month (standing order on 20th of each month)
- 2 x weekly face to face classes - £60 per month (standing order on 20th of each month)
- 1 x weekly face to face class plus access to online classes - £43 per month (standing order on 20th of each month)
- Online classes only - £20 per month (standing order on 20th of each month)
- Pay-as-you-go face to face class - £15 per class (online bank transfer preferred)

ONLINE CLASSES WILL ALSO BE CONTINUING

Two weekly classes are streamed live via Zoom and then the recording of this class is emailed to you, one at a beginner level and the other is an intermediate level. The recordings of these classes are available for 7 days (on a rolling basis).

The times of the live-streamed classes are as follows:

- Mondays at 1.30pm - Intermediate
- Tuesdays at 9.30am – Beginners

Pilates terms and conditions

- There will be 47 weeks of face-to-face and online classes held within a 12-month period, which will be held by a physiotherapist qualified in Pilates Instructor training. Please note in exceptional circumstances occasional changes may need to be made to class times and venues. If we don't receive your payment by 20th your placement may not be available in the subsequent month.
- You can cancel your place at any time, but please give us 2 weeks' notice (by the 6th of each month) so we have chance to pass your place on to someone else.
- You agree to not attend your class if you develop symptoms consistent with COVID-19 within 7-days prior to the date of that class or if you can answer 'Yes' to any of the questions on page 1 of the COVID-19 screening form.
- You are aware that the instructor may need to cancel the class if they develop symptoms consistent with COVID-19 within 7-days prior to the date of that class or if can answer 'Yes' to any of the questions on page 1 of the COVID-19 screening form. Refunds are not guaranteed in the event of cancellation due to COVID-19 but every effort will be made to provide an alternative method of delivering the class to you.