



39 Market Street, Marple, Stockport, Cheshire, SK6 7AA  
0161 426 0100 | enquiries@marplephysio.com | marplephysio.com

### **FACE-TO-FACE PILATES CLASSES**

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 that 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 face-to-face Pilates class consent form.  
  
\* If you have COVID-19 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 physiotherapist, prior to attending.
- 3) Toilets will be in use, but only one person to be in at a time.
- 4) Please bring your own mat, headblocks, and resistance bands, until further notice. I will provide any additional equipment, which will be sanitised between individual use. You do not have to use this equipment.
- 5) Please use hand sanitiser on arrival and before departure. This will be provided but feel welcome to bring your own.
- 6) Currently facemasks are not required to be worn whilst exercising, as the mats can be placed 2m apart. However, please come wearing a facemask to manage risk whilst passing each other as you get into place.



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## Prices

Fees are as follows:

- 1 x weekly face to face class - £38.50 per month (standing order on 20th of each month)
- 1 x weekly face to face class plus access to online classes - £48.50 per month (standing order on 20th of each month)
- Online classes only - £20 per month (standing order on 20th of each month)

## ONLINE CLASSES WILL ALSO BE CONTINUING

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

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

- Mondays at 1:30pm - Beginners
- Wednesdays at 12:15pm – Intermediate

Our fees are payable in advance on 20th of each month by standing order (i.e., your payment on 20th November pays for December's classes). Our account details are:

Marple Physiotherapy Practice Ltd

40-43-10

61758586



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You purchase a place in a specific class. If you can't make that class one week, for whatever reason, we are happy to see if there is a place in another class for you to make it up, but we can't guarantee this. Unfortunately, we can't offer refunds as we couldn't fill a one-off place for the week you miss.

Please let us know (by email if possible) about any weeks when you'll be away, so we can facilitate everyone making up missed classes, wherever possible.

You can request to receive a recording of our online classes for any weeks that you miss, for £2.50 per recording that is valid for 7 days' viewing.

For your fee of £38.50 per month, each instructor will deliver 47 weeks of classes per year, so there will be 5 weeks where your class isn't held.

If your class isn't held by your instructor, but another instructor is running different classes that week, you can email to see if there is a place in another class for you. These are available on a first come first served basis. These aren't guaranteed, nor part of your terms, this is just a free extra that we are happy to offer, where we can.

You can cancel your place at any time giving us a minimum of two weeks' notice (i.e., by the 6th of the month), so that we have time to arrange for your place to be filled for the following month.

If you fail to inform us by the 20th of the month that you no longer want to attend Pilates, you will owe payment for the following month's classes.