

FREQUENTLY ASKED QUESTIONS

Do you have pregnancy Pilates?

We offer small group pregnancy classes which is suitable for woman in any stage of their pregnancy and clients can also book into any semi-private session while pregnant.

How many weeks pregnant can I be and still come to group classes?

Clients who are over 12 weeks pregnant are not allowed in the group classes for their own safety. We do offer small group pregnancy classes for woman in any stages of their pregnancies, and they can book into semi-private or private sessions while pregnant.

Can I suspend my membership?

You can suspend your membership for a minimum of 7 days and a maximum of 3 months, we require 7 days' notice for any suspension, which must be sent through to info@perthpilatesstudio.com with the suspension start and end date. Suspensions can be shortened as well as extended within the minimum and maximum times.

What do I need to bring to sessions?

All you need is you, a pair of grippy socks and a water bottle for after your class.

What do I wear?

Any active wear in which you are comfortable going upside down in. Most people wear leggings or tight short and a t-shirt or a crop.

Are classes suited for beginners?

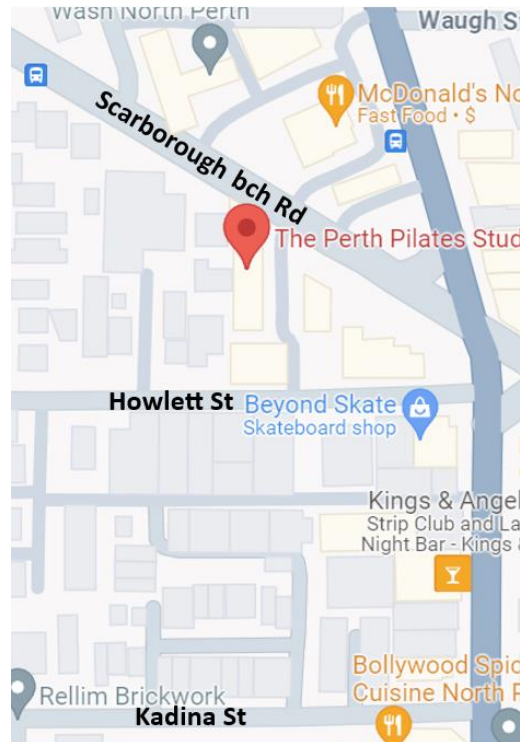
We offer two Slow & Steady classes a week which are perfect for beginners, however all our instructors are able to assist beginners in any of our group classes, building on movements starting with regressions and going to progressions.

What happens if I'm late for the class?

It happens, we are late sometimes. If you are more than 10 minutes late someone from the waiting list can take yours spot in the class. We do advise caution if you join a class more than 10 minutes late as you would have missed the warm-up, and the instructor may already have done some unilateral work on one side.

Where do I park?

There are a few available bays in front of the studio, however in peak times this parking lot is usually full. Alternatively on Scarborough Beach Rd, Howlett St and Kadina St there is street parking which is all less than 3 minutes' walk to the studio.



What happens if I miss a session, or late cancel my session?

Reformer classes require a 6-hour cancellation notice, floor classes require 4 hours and for any studio session we require 12 hours cancellation notice. If you do late cancel or miss a session, there is either a \$10 fee or on limited memberships you lose that class for the week.

- For Semi-private Sessions – lose the right to that class.
- For Group Classes – the fee applies.