

# the Spa

AT STANLEY HOUSE

## PILATES INFORMATION

### HEALTH

There are certain health conditions that are not suitable for Pilates. Should you have any medical conditions or health concerns we suggest that you consult with your General Practitioner prior to booking Pilates. You must always make the instructor aware of any Health Conditions including pregnancy.

### AGE RESTRICTION

Pilates at Stanley House has a minimum age of 16 years.

### CHANGING FACILITIES

- We have changing facilities & lockers available for you to use prior to Pilates.
- Lockers are provided for the safety & security of your personal belongings.
- We also advise that bags, coats and other personal belongings are not taken into the Pilates Studio for Health & Safety reasons.
- We recommend that you leave valuables & jewellery at home.
- Stanley House accepts no responsibility for the loss or damage to any personal belongings, valuables or jewellery

### CANCELLATION POLICY

- All Pilates sessions must be secured with credit/debit cards details at booking.
- We request 48 hours notice for all cancellations of Pilates sessions.
- A full charge will apply to any sessions that are not cancelled within this requested time.

### COURSES

- Any courses must be paid in full in advance.
- Courses must be used within six months of payment.
- Courses may not be transferred.
- Courses are available to individuals only and may not be shared with others.

### PRE-BOOKING

We recommend that you pre-book all individual sessions or courses in advance to avoid disappointment.

### TERMS AND CONDITIONS

- All guests using the Pilates Studio in The Spa at Stanley House do so at their own risk.
- Stanley House will not accept liability for accident or injury sustained whilst using the Pilates equipment.
- Stanley House will not accept responsibility for the loss or damage to personal property. We do understand that some guests may want to keep personal belongings with them at all times, however do so at their own risk.
- No one is permitted to use the Pilates Studio unless a Stanley House Instructor is present.
- It is strongly recommended that guests have an appropriate level of fitness and are in sound general health prior to availing themselves to Pilates.
- Please ensure that you are wearing the appropriate clothing required for Pilates, including Pilates socks.

Stanley House Hotel & Spa, Mellor, Lancashire, BB2 7NP

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