

# the Spa

AT STANLEY HOUSE

## PILATES TIMETABLE FROM MARCH 2019

TIME	CLASS	TEACHER	TIME	CLASS	TEACHER
<b>MONDAY</b>			<b>THURSDAY</b>		
10.00 – 11.00	Reformer	Abi	9.00 – 10.00	Reformer	Jo
11.00 – 12.00	1:1 Private Session	Abi	10.00 – 11.00	Reformer	Jo
14.00 - 15.00	1:1 Private Session	Abi	11.00 – 12.00	1:1 Private Session	Jo
15.00 - 16.00	1:1 Private Session	Abi	12.00 – 13.00	Reformer	Sam H
16.00 – 17.00	Reformer	Abi	13.00 – 14.00	Reformer	Sam H
17.30 – 18.30	Reformer	Abi	14.00 – 15.00	1:1 Private Session	Sam H
18.30 – 19.30	Reformer	Abi	18.00 – 19.00	Mat	Nicole
19.30 – 20.30	Reformer	Abi	19.00 – 20.00	Beginners Reformer	Nicole
<b>TUESDAY</b>			<b>FRIDAY</b>		
09.00 – 10.00	Reformer	Jo	12.00 – 13.00	Reformer	Sam H
10.00 – 11.00	Reformer	Jo	13.00 – 14.00	Reformer	Sam H
11.00 – 12.00	1:1 Private Session	Jo	14.00 – 15.00	Reformer	Sam H
<b>WEDNESDAY</b>			18.00 – 19.00	Mat	Nicole
18.00 – 19.00	Mat	Linda			
19.00 – 20.00	Mat	Linda			

Class timetable in effect from 22nd March 2019

Please note: classes may be subject to changes at any time

Stanley House Hotel & Spa, Mellor, Lancashire, BB2 7NP  
 T 01254 769200 F 01254 769206 info@stanleyhouse.co.uk www.stanleyhouse.co.uk

Registered Office: Leehand Leisure Ltd, Stanley House, Mellor, Lancashire BB2 7NP Company Number: 4507823 Registered in England

# the Spa

AT STANLEY HOUSE

## PILATES PRICING STRUCTURE

Pilates sessions are only available in courses at Stanley House. We permit one class as a trial session and subsequent classes thereafter, must be booked as a course to achieve ultimate results. 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 your GP prior to booking Pilates. You must always make the instructor aware of any health conditions as well as notifying if you are, or think you may be pregnant.

### BLOCK BOOKINGS

We recommend that you pre-book your Pilates session(s) in advance to avoid disappointment.

Course of 10 Reformer Classes = £130 (£13 per class)

Course of Mat Classes = £100 (£10 per class)

### PRICE OF FIRST SESSION:

Group Reformer = £17

Group Mat Class = £12

One on One Classes are available to personalise your sessions and get the most out of your training

One on One Class = £40

### MAXIMUM CLASS NUMBERS

Reformer = 5 people

Mat = 8 people

### AGE RESTRICTIONS

Guests that utilise the Pilates classes must be 16 or over

### CANCELLATION POLICY

All classes must be secured with a prepayment. We kindly ask that you give 24 hours notice if you wish/need to change/cancel your booking, failure to do so will result in 100% charge to your session or course of classes. We reserve the right to cancel or amalgamate classes 24 hours in advance due to low attendance.

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

T 01254 769200 F 01254 769206 info@stanleyhouse.co.uk www.stanleyhouse.co.uk

Registered Office: Leehand Leisure Ltd, Stanley House, Mellor, Lancashire BB2 7NP Company Number: 4507823 Registered in England

# the Spa

AT STANLEY HOUSE

## PILATES PRICING STRUCTURE

### TERMS & CONDITIONS

- All guests using the Pilates Studio in The Spa at Stanley House do so at their own risk
- Stanley House Hotel and Spa will not accept liability for accident or injury sustained whilst using the Pilates equipment.
- Stanley House and Spa 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.
- All classes run at a first come first serves basis. Book early to avoid disappointment as may not always be able to accommodate you within a class.
- All block bookings must be used within a 4 month period, from date of purchase, under the advertised timetable.
- We kindly ask that you give 24 hours notice if you wish/need to change/cancel your booking failure to do so will result in 100% charge to your session or course of classes which we reserve the right to impose as per our cancellation policy.
- Food is not permitted in the studio however it is highly advised to bring a bottle of water with you to refresh.
- Please ensure that you are wearing the appropriate clothing required for Pilates, including the Pilates socks.
- Please arrive 5 minutes prior to the class time slot to allow for a prompt start.

With guests that are new to Pilates, we will assess and discuss your posture, past medical history and rehabilitation requirements, to allow our instructors to place you into a class that is best suited to you.

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

T 01254 769200 F 01254 769206 [info@stanleyhouse.co.uk](mailto:info@stanleyhouse.co.uk) [www.stanleyhouse.co.uk](http://www.stanleyhouse.co.uk)

Registered Office: Leehand Leisure Ltd, Stanley House, Mellor, Lancashire BB2 7NP Company Number: 4507823 Registered in England