



# NEW PRICING OPTIONS

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## Getting started

**At The Pilates Pod, we believe that one size doesn't fit all!**

We're passionate in giving you a truly authentic approach to Pilates and to get the most of your training with us. Unless you have been doing Classical Pilates already, we believe it's important to learn the basics, get familiar with the apparatus and get follow the right path for you.

Our New Client packages will give you an Introduction to Classical Pilates through the fundamental concepts and principles, teach you how to use apparatus, ensure your safety, and help you with any special modifications that apply to you as an individual.



## 1:1 PLUS 3 CLASSES - £75

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A full 55 minute tailored 1:1. Work across the full matwork and apparatus in the Classical system for your individual goals and issues. A further 3 weeks of some of the group classes we offer including a Tower Class, Beginners Mat, and Intro to Studio Work Class to give you a flavour of what we do. (package expires 4 weeks from 1st session.)

## 3 x 1:1 - £130

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The gold standard of Pilates introductions! A completely personalised 1:1 programme designed across all the matwork and apparatus in the Classical system, giving you the basic skills and some progressions, all with the full attention of one of our highly trained teachers. Prepare yourself well for classes, or continue on this highly personalised experience if you have needs that require that extra attention and all eyes on you! (package expires 2 weeks from 1st session.)



# Moving on....

## Membership packages

Our most popular option, giving you access to all class types, 7 days a week, and our cheapest way to pay. You can also pre book up to 1 year in advance. Choose from any class.

- 1 class a week - £60 a month (4 classes a month)
- 2 classes a week - £110 a month (8 classes a month)
- 3 classes a week - £155 a month (12 classes a month)



# Class credit packs

An alternative way to pay. The class credits give you the flexibility to come as often as you like, when you like, and for what sessions.

- **Single mat: £16** Expires 2 weeks from purchase
- **Single tower or single studio work class £24.**  
Expires 2 weeks from purchase
- **12 credits: £91** Expires 8 weeks from purchase
- **24 credits: £172** Expires 16 weeks from purchase
- **36 credits: £244** Expires 24 weeks from purchase

2 credits = mat session. 3 credits = apparatus (applies to class credit packs only. Members can choose from ANY class).

**Top up credit (1 credit) £8-** available to “top up” remaining credits on account in order to book into class of correct value. ie 2 credits left, purchase top up in order to book in to apparatus class (3 credits)

# 1:1 and 1:2 Personal Training

For those that require or desire all eyes on them, for that unique completely individual programme across the whole studio. A must for anyone with injuries

- **Single 1:1: £55 / Single 1:2 Duet: £62**

Expires 2 weeks from purchase

- **5 x 1:1: £260 / 5 x 1:2 Duet: £294**

Expires 8 weeks from purchase

- **10 x 1:1: £495 / 10 x 1:2 Duet: £558**

Expires 16 weeks from purchase

- **20 x 1:1: £935/ 20 x 1:2 Duet: £1054**

Expires 24 weeks from purchase

We are committed to you and your Pilates here with us. You need to be committed to yourself and ensure consistency in your sessions to get results.

- Choose which class or classes you wish to come to each week, minimum one per week but we recommend you train twice a week.
- You will be pre-booked for the classes in advance every week (spaces permitting, alternatives may have to be chosen on occasions and on bank holidays if we are closed).
- If you need to change one week due to holiday for example, you can manage your account yourself online to make the changes and come more times the week before or after (up to the amount of sessions per month on your pricing option).
- 24 hours notice is required to change your class without forfeiting the session. Please ensure you always cancel your session out of courtesy, even if you cannot make the class short notice. Cancellations will not be accepted by email or answer phone in case receptionists are not present.
- Sessions cannot be shared, transferred or rolled over past their expiry period. In some exceptions, a £25 one month extension fee is payable to extend sessions for health reasons.
- Classes are for healthy bodies or those with long standing muscular aches. For disc issues, new clients and those with specific health, joint or neurological issues, please book for 1:1's to ensure your goals are met adequately and the appropriate time given to you in your workout.
- Refunds are not given.