



Helpful tips for Getting Started at Park Meadows Pilates:

Congratulations on taking the first step toward improved health, strength and flexibility. We're looking forward to assisting you in achieving your mind/body health goals. Here are first, few things that will make your sessions more enjoyable:

1. Your Getting Stared Package includes three private training sessions. We recommend that you take no longer than 10 days to get through your three sessions so that you get maximum benefit from the information. You'll learn more easily by allowing 2 or 3 days between sessions.
2. There's not such thing as a dumb question! The private sessions are designed to help you learn everything you can about you so that you can get the most from your Pilates experience. Please feel free to clarify anything that you're not sure about – we love questions!
3. Three sessions may not always be enough to place you in classes - your safety comes first, and we want to be sure that you have a comfortable understanding of your movement patterns before you join a group. It is up to you and your instructor to decide when you are ready to enter classes. If you are not ready to enter classes after your 3 private sessions, your instructor will discuss options with you.
4. Park Meadows Pilates has a 24 hour cancellation policy. Please be advised that we will assess a \$25 charge for appointments not cancelled at least 24 hours in advance.
5. Please refer to the Park Meadows Pilates "Agreement of Policies" for more information, and don't hesitate to ask either your instructor or our front desk team if you have any questions.

Please let us know if there is anything we can do to make your visits with us more comfortable.

The Staff at Park Meadows Pilates

Signature: _____ Date: _____