

Pilates Class Information - updated 19/10/2021

- **You need to bring your own equipment to class which you should clean & sanitise prior to attending each session.** A mat is essential & other equipment such as blocks, balls, resistance bands & straps will be used regularly in class too. You are of course welcome to get your own equipment from another source or you may already have it. I have put together a starter kit including the essentials for just £20, but if you already have some of these items you may wish to purchase items individually. Below is the link for the equipment request form, you will need to complete and return. Payment is made via bank transfer to (N J RAYNER sort code 20-25-36 account no. 50350516). Prices may vary depending upon when order is requested. Distribution of ordered goods will be at class.
https://docs.google.com/forms/d/e/1FAIpQLSfwC40yY9HcNbXfFobcWD7IzHdoFZXSWfO3wNwWCf8Su05egg/viewform?usp=pp_url
- **All classes are cashless and must be booked in advance.** Pilates classes are only available in 6 week blocks. **You must pre-book your block on Gymcatch, (see register/class bookings for details). & payment is made online through Gymcatch.**
- **Classes are not interchangeable or refundable.** You cannot switch classes to a different day without prior agreement with Nicola Rayner Fitness. There is a strict limit on class numbers. **You will only be able to attend a class that has been booked in advance.**
- **There is no carry over system between separate blocks or between different class types.** However if you are unable to attend a class, you can attend a catch-up session of the same class type, within the same block, but only if there is a space and with prior agreement with Nicola Rayner. You may wish to take advantage of the online bolt-on offer which is only available if you have booked a 6 week block package. This bolt-on (£15) not only gives you access to all of the classes in the library of pre-recorded sessions (over 300 different classes including other exercise types such as Core Strength). Great value I'm sure you'd agree. And if you're away on holiday you can still do your Pilates workouts online.
- If you cannot attend a class please inform Nicola Rayner Fitness by email not on Gymcatch.
- If you have any issues using the new booking system please contact Nicola Rayner Fitness - fitone@live.co.uk
- **Please see separate information sheet - Changes to Health & Safety - Covid-19** for important guidelines to be aware of regarding attending classes.