



Body Aware Pilates Studio

155 High Street, Ilfracombe, EX34 9EZ **01271 855828** FB- Body Aware Pilates

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Class Booking :[07765 605300](tel:07765605300)

GREAT NEWS !!!!

THE STUDIO IS RE-OPENING MONDAY 27TH JULY

We have had to put in place many New Protocols and Precautions to keep everyone safe and to work in line with Covid19 Regulations - everyone visiting the Studio will need to adhere to these. We also have a new class timetable which we are trialing – we may have to change it – this is new to all of us, so please be patient.

How to Book a Pilates Class

- To book a Pilates class **Please call or text our designated number 07765 605300** leaving your name and number. The landline number remains for treatments or any other enquiries.
- The class sizes have had to be reduced - 5 people for Reformer and 8 for Mat classes so these places will go quickly. If you do not need your space please text or call to cancel. If you need to cancel a class at any time, please tell us, as we have to keep detailed Covid 19 records of attendance/nonattendance.
- Payments can be made contactless or bank transfer but we will still accept cash.
- Due to the cleaning needed PPE etc. and reduced number of class spaces, prices, sadly have to be increased – Reformer is now £14 – pay in advance for 4 at £54/ Mat classes are £9 pay in advance for 6 at £50. Any existing prepaid cards will be honored until they expire.

Arrival at the Studio

- Please arrive as close as possible to the class start time, the door will be locked, and we will let one person in at a time. Every person entering the Studio will have their temperature taken with an electronic thermometer. You will be required to wear a mask into and when leaving the Studio.
- You will be required to use the hand sanitizer upon entering and departing the Studio
- Please arrive in your exercise clothing – you will be allocated a mat/reformer with a plastic storage box on it for your belongings to adhere to social distancing in the changing room. These boxes along with the mat will be disinfected after each use.
- Please wear socks – non-slip ones are the safest and we do have them for sale if you wish to purchase a pair.
- Please ensure you bring your own refreshments as we cannot offer them.
- We will use some props in class, you will be required to put the used props into a designated box after use in order for them to be fully sanitized ready to use again.

Studio/ Staff

- Staff will be wearing a mask and gloves where appropriate
- All staff will adhere to social distancing rules and sanitize hands.
- All equipment, door handles, light switches, bathrooms etc. will be fully sanitized between sessions by a member of staff

Contact Information

- We will be asking you for current contact telephone numbers when we reopen to ensure our information is up to date. If you change address you are required to notify us of the new contact details.

This is our NEW Class Schedule below –

**Please note to book a class, to confirm your attendance, or to cancel you space in a class you will need to call our designated number NOT the main studio telephone number
The number is 07765 605300**

Monday

07.30-08.30am Aerial TBA
08.30-09.30am Private Class
10.00-11.00am Reformer
11.30-12.30pm Reformer
13.00-14.00pm Aerial TBA
14.30- 15.30pm Reformer
17.00-18.00pm Mat
18.15-19.15 Aerial TBA

Tuesday

07.00-08.00am Reformer
08.30-09.30am Mat Pilates
10.00-11.00am Mat Pilates
13.30-14.30pm Reformer
14.45-15.45pm Mat Pilates
18.00-19.00pm Men's Reformer

Wednesday

08.15-09.15am Reformer
09.45-10.45am Reformer
11.15-12.15pm Reformer
12.45-13.45pm Reformer
14.15-15.15pm Reformer
16.30-17.30pm Mat Pilates
18.00-19.00pm Mat Pilates

Thursday

07.00-08.00am Reformer
09.15-10.15am Mat Pilates
10.45-11.45am Mat Pilates
16.45-17.45pm Mens Reformer

Friday

09.00-10.00am Reformer
10.30-11.30am Reformer
12.00-13.00pm Reformer

Saturday

07.30-08.30am Reformer
09.00-10.00am Reformer
10.30-11.30am Mat Pilates

There will be a few Zoom classes available, if you do not want to come into the studio, please ask.

