

Pilates Class Information

- **You need to bring your own equipment to class which you should clean & sanitise prior to attending each session.** Equipment can no longer be shared or borrowed. A mat is essential & other equipment such as blocks, balls, resistance bands & straps will be used regularly in class too. I appreciate that this is a small initial cost but it is essential for your safety. I have tried to make this as easy as possible for you by compiling an equipment request form. I shall be ordering new equipment but I am also selling some equipment that I have second hand (limited numbers) such as foam rollers, weighted balls, blocks. You are of course welcome to get your own equipment from another source or you may already have it. I have put together a special deal 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 it asap. Second hand items will be reserved on a first come first serve basis (if your request is accepted payment will need to be received within 24 hours before it is offered to the next person). Only pay for your items once your order has been confirmed, payment is made via bank transfer to (N J RAYNER sort code 20-25-36 account no. 50350516). Prices for new items 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 now 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 due to social distancing regulations. **You will only be able to attend a class that has been booked in advance.**
- **There is no carry over system at this time.** However 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 180 different classes including other exercise types such as Core Strength) but also to be able to catch up on the class that you might have missed that week which I shall be running live online on a Wednesday evening and uploading so that it can be done at a time that suits and repeated as many times as you choose within the duration of the 6 week bolt-on. 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.