



Studio Policies

Cancellation Policy for Pilates Apparatus

For private, duet and apparatus/equipment sessions, the earliest notice of schedule changes are appreciated. However, as a courtesy we ask that you give us at least 48 hrs notice. Schedule changes are defined as reschedules, make-ups, or no-shows. We understand things come up and occasionally, misses are unavoidable. In these circumstances, the studio bears the cost of these lost sessions. Late cancellations and no-shows will result in forfeited sessions. To achieve one's goals, consistency is important.

Class Card/Unlimited Pass

All Movement Studios class cards or packages have an expiration date. Please adhere to these dates. No exceptions allowed. Payment is expected at time of service. As a small business we appreciate your timely payment.

Refund Policy

Movement Studios does not offer refunds. Please ensure that you can commit to an exercise program before purchasing any package or beginning classes.

Studio Etiquette

Wear unrestricted clothing and socks while in the studio. Please do not use highly emollient oils or lotions. If you eat before class, eat lightly. At Movement Studios, we encourage a non-competitive and nurturing environment where you can workout, get healthy and have fun with an open mind and positive attitude.

We appreciate your cooperation!