

# STRATFORD PILATES CENTRE®

www.stratfordpilatescentre.co.uk

Tel : 01789 299165 • info@stratfordpilatescentre.co.uk

## Booking Form for Pilates Matwork

Name (print) : ..... Tel : .....

Signed : ..... Date : .....

If you are new to Pilates, it is essential to attend a beginners class, feeder class, workshop or private session before joining a regular group matwork class. This is to ensure that you have an understanding of the basic principles of Alignment, Breathing and Core Stability.

### One Private Matwork Session

*The Studio opening times are indicated on our "timetable" page or in your information pack*

Date : ..... Time : .....

*The initial session is formatted to include an evaluation and health assessment*

Fee: Single session £40.00 Course of 3 sessions £115.00 Course of 5 sessions £190.00

Please note : Cancellations require 24hrs notice or the full fee will be charged  
Private Lessons may be paid for at the time of your lesson

### A Course of Group Matwork Classes at Stratford Pilates Centre

*The Studio opening times are indicated on our "timetable" page or in your information pack*

Start Date : ..... Time : ..... Day : .....

*The length of each course is indicated on the Class Timetable or in your Information Pack*

Fee: 5 week course £50.00 6 week course £60.00 7 week course £70.00

Please note : Places are subject to availability and you may need to be placed on a waiting list. No refunds are given for missed classes, but numbers permitting, and with notice, you are welcome to catch up at another class that term.

Please return this form with your Client Enrolment Form and your fee

Please make cheque payable to `Stratford Pilates Centre`

**Postal Address :**

Stratford Pilates Centre • 16 Limes Avenue • Stratford-upon-Avon • WARCS • CV37 9BQ

If you have any further questions please don't hesitate to contact me.

I look forward to meeting you, *Lauren*



www.bodycontrol.co.uk



Register of Exercise Professionals,  
Level 3 Pilates Teacher  
www.exerciseregister.co.uk



Professional Member  
(Affiliate)  
www.backcare.org.uk

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