

Chris Staefe Fitness Pilates Studio
www.staefe.com

Studio Guidelines

- Sessions are scheduled by appointment only via: phone (512)417-5691 or e-mail: chris@staefe.com
- Each session is a suggested \$20 minimum donation
- Please schedule appointments at least 48 hours in advance
- Plan on an hour for all sessions, unless stated otherwise. Plan on 90 minutes for the first session
- Please bring socks, water, and a towel for all classes
- To avoid a \$15 cancellation fee, please call 24 hours in advance to cancel
- If you purchase a package, all sessions are valid for up to one year after date of purchase. After one year, they will expire.
- If you are currently pregnant, a doctor's release is required
- Sessions and classes are non-refundable
- Referrals are always welcomed. If your friend or family member signs up for a package, you will receive 2 free sessions.
- Floor sessions will be held at either:
 - 6808 Arroyo Ave Las Vegas, NV 89103 or
 - an agreed upon location at the time the appointment is set
- Apparatus sessions will be held at
 - The Pilates Studio, Las Vegas
3655 S. Durango Drive Suite #26
Las Vegas, Nevada 89147

PRINT NAME: _____

SIGNATURE: _____ DATE: _____

PHONE NUMBER: _____ E-MAIL: _____

EMERGENCY CONTACT: _____

THANK YOU!