



Pin High Pilates Policies

- All Mat Classes are payable in advance. If you are a MVC Member, Mat Classes will be charged to your account. If you are a MVCC Member and did not register ahead of time or are a Guest, you may pay by check payable to Maggie Valley Country Club.
- Mat Classes are 55 minutes. Please be ready to begin each Class at the scheduled time.
- Sessions purchased are not refundable and may be used from the date of purchase through the end of October.
- We are a “sock studio” which is to say that participants are required to wear socks for safety and hygiene. Sticky socks are best.
- If you have a cold, fever or other illness related symptoms, do not attend classes until you are well and your condition is resolved.
- Please advise your instructor of any change in your physical condition.
- It is your responsibility to inform your instructor when you feel discomfort or have any physical problems during exercise.
- Your instructor may terminate your Mat Class if she feels you are not able to safely exercise.
- You must complete and submit the New Participant Information and Release of Liability prior to your first Mat Class.