

Terms & Conditions

General

These Terms and Conditions relate to the health and fitness classes run by Louise Grafton, under the LSA Academy. These classes include Pilates, Yoga, and Total Body Conditioning and they run in blocks through the year.

All clients need to complete a PARq (physical activity readiness questionnaire) prior to participating in any of the classes – if any changes occur, please ask to update your form. All classes are for adults. By signing the PARq you are agreeing to the Terms & Conditions and also agree to inclusion on the mailing list specifically for just the classes to keep you updated of any changes to the classes that might occur. All clients must wear clothing suitable for participating in the class which they are attending plus bring a small towel, water, a suitable mat and a strap/band to assist with stretching.

For the Pilates classes you are encouraged to also bring any Pilates equipment you may require to aid and enhance your progress and participation. This could include Pilates cushions, pads, weighted and/or soft toning balls, and neck support pads. For the Total Body Conditioning classes you are welcome to bring any weights or resistance bands and/or equipment you may have. For the Yoga based stretch classes you are encouraged to bring 2 x yoga blocks, 2 x yoga bricks, a yoga strap, and a tennis and/or lacrosse ball.

Classes Timetable, Venues and Dates: September - December 2022

All classes are held at St John's Parish Hall, Boreham Road, Warminster BA12 9JY

Wednesdays

18.00 - 19.00 - Pilates for Beginners and Improvers (currently on hold)

Thursdays

10.30 - 11.30 - Pilates for Beginners and Improvers

18.00 - 19.00 - Total Body Conditioning (TBC)

Fridays

9.15 - 10.15 - Yoga Based Stretch for Beginners

The September - December 2022 Block will run from the week commencing 5th September for all classes. There will be no classes the week commencing 24th October. The Block will finish the week commencing 12th December with the next block starting in January 2023.

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Class Descriptions

Pilates

The Pilates classes focus on abdominal and back strength, balance, stretching, mobilising, body alignment and posture so that you can be more mobile, flexible and strong. Providing a complete body conditioning workout, appropriate primarily for beginners and improvers, enabling you to be able to move more freely and with more ease. Suitable for different abilities as alternatives and adaptations are offered.

Total Body Conditioning

The Total Body Conditioning classes are fun friendly complete fitness classes for all over body shaping, toning & strengthening incorporating an aerobic style warm-up, strength and conditioning exercises in an interval training style (with rest breaks included), concluding with an extended relaxing stretch to improve flexibility and free up any tightness you may be experiencing. Suitable for all levels as alternatives and adaptations are offered.

Yoga Based Stretch for Beginners

The Yoga based stretch classes are for Beginners and Beginners Plus and they aim to take away the perceived intimidation of yoga, whilst building the foundations and beginnings of a lifelong practice. The classes consist of mobility, stretching and strength exercises, plus breathwork and they conclude with a relaxing savasana and yoga words of wisdom at the end of each session.

Payments for Classes

All classes must be booked and paid for in advance of the class starting once your place has been confirmed. All payments can be made either by cash before the class commences or via online transfer, details for which are available upon request. When you use the latter option you need to send an email or text message to 07941 653569 that includes your name, the class, and dates to which the payment refers, and the amount transferred. If applicable you will receive a confirmation text/email once the monies have been received and your place confirmed.

If you are not able to attend a class please text 07941 653569 or email support@louisegrifton.com

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There are 3 payment options for all classes. Pay as You Go, Half or Full Block paid for in advance. If you choose either of the block booking options then your place in a class is guaranteed for that half or full block. All Block Bookings are non-refundable.

If you would like to take advantage of the lower price per session offered by utilising the block booking option but are unsure if you're ready to commit, you can use the pay as you go option for your first class which, if you then decide to continue can, if you paid the full PAYG price, be used towards the block booking option.

Pay as You Go (PAYG)

The Pay as You Go Option is £8.00 per class for Total Body Conditioning and £12.00 per class for Pilates and Yoga, payable before the class to which it applies commences.

Block Bookings September - December 2022 Block

Pilates - Thursday mornings 10.30 - 11.30am

September - December 14-Week block - whole block paid in advance = £140.00 (equates to £10.00 per class) or half block of 7 sessions = £77.00 (equates to £11.00 per class).

Pilates - Wednesday evenings - 6 - 7pm

September - December 14-Week block - whole block paid in advance = £140.00 (equates to £10.00 per class) or half block of 7 sessions = £77.00 (equates to £11.00 per class)

Total Body Conditioning - Thursday evenings 6 - 7pm

September - December 14-Week block - whole block paid in advance = £98.00 (equates to £7.00 per class) or half block, of 7 sessions = £52.50 (equates to £7.50 per class).

Yoga Based Stretch for Beginners - Friday mornings 9.15 - 10.15am

September - December 14-Week block - whole block paid in advance = £140.00 (equates to £10.00 per class) or half block, of 7 sessions = £77.00 (equates to £11.00 per class).

If you join part way through a block you can still pay in advance at this rate if there are 5 or more sessions left in a half block and 11 or more sessions left in a whole block. If you've paid in advance and then find you're unable to attend a class, your payment, up to a maximum of 1 x class can be transferred to the following half block and 2 x classes can be transferred to the following full block, as long as you have given a minimum of 48 hours' notice otherwise this won't be possible.

Date of publication: 21.09.2022 Details are correct at this date but are subject to change which will over-ride previous Terms and Conditions. Therefore, you are advised to regularly check the relevant page on the website to keep updated.