



# Welcome to BodyBella Pilates Studio

Thank you for taking an interest in our Pilates Studio. We have listed some information below:

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## Class Descriptions

### Introduction to the Reformer

The Pilates Reformer is a machine specially designed to allow the user to perform a wide variety of Pilates exercises. Ranges can include stretching, using the springs' resistance for strengthening, and cardio workouts with the Jump board – like a mini rebounder – and you can exercise lying down. How great is that!

- **\$20 per person,**
- You have a demonstration on the Reformer, how the components of the Reformer work – wear comfortable clothing, i.e., leggings / t-shirt,
- A discussion about any pain, injuries, and goals you may have,
- Health and Safety in the studio,
- How to join the Beginner Reformer classes, Group Reformer timetable and Private sessions.

### Beginner Reformer classes

The Beginner classes are run at a slower pace to allow you to build confidence and trust using the Reformer, getting used to the different movements and being taught correct technique and form. Don't be afraid to ask any questions along the way.

- **\$32 per person, per class,**
- Class durations are 45 minutes.
- Each class offers progression through movements.
- We recommend attending a minimum of three Beginner classes,
- Ideal for clients returning to Pilates who need a Refresher on the exercises,
- Always wear grip socks for hygiene purposes and health and safety,
- Grip socks are sold at the studio for \$20.



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## Group Reformer class

- **\$32 per person, per class,**
- Class duration is 45 minutes and choreographed to work your entire body, with modifications to suit,
- There are four Reformers in each class,
- You must wear grip socks. These can be purchased at the studio for \$20 a pair,
- Clean your machine down after class,
- If you are new to Pilates Reformer you must attend a minimum of three Beginner Reformer classes before joining the group classes (*please read the Beginner Classes information*).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>6 – 6.45am</b> Group Reformer	<b>6 – 6.45am</b> Group Reformer	<b>6 - 6.45am</b> Group Reformer	
	<b>9 - 9.45am</b> Group Reformer		<b>9 - 9.45am</b> Group Reformer		<b>9 - 9.45am</b> Group Reformer
				<b>10 - 10.45am</b> Group Reformer	<b>10 - 10.45am</b> Group Reformer
	<b>4 - 4.45pm</b> Group Reformer		<b>4 - 4.45pm</b> Group Reformer		<b>11 - 11.45am</b> Group Reformer
<b>5.15 - 5.55pm</b> <b>Beginner</b>	<b>5.15 - 5.55pm</b> Group Reformer				
<b>6 - 6.45pm</b> Group Reformer	<b>6 - 6.45pm</b> Group Reformer	<b>5.45 – 6.30pm</b> Group Reformer	<b>6 – 6.45pm</b> Group Reformer		
<b>7 - 7.45pm</b> Group Reformer	<b>7 - 7.45pm</b> Group Reformer	<b>6.30 – 7.15pm</b> <b>Beginner</b>	<b>6.45 – 7.30pm</b> <b>Beginner</b>		
		<b>7.30 - 8.00pm</b> Intro to Reformer* (alternate weeks)			



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## Private Sessions

A Private session provides an individual workout programme under Mel's guidance and tailor-made for you. These classes are booked outside of the Group Reformer timetable and timeslots are available from Tuesday to Friday. Contact Mel to book a session.

- \$60 for 45 minutes 1:1 Private
- \$75 for 60 minutes 1:1 Private
- \$120 for 45 minutes for 2:1 Private

## How to download the Spaces by Wix app

1. Download the **Wix Spaces app** from your app store (Android or Apple—see the link in our website footer). <https://bodybella.co.nz/#footer>
2. Create an account using the email address you use to book classes at BodyBella
3. Use the invite code **ITUR0K** (please note this is the number 0) to find BodyBella Pilates OR you can use the search on the Spaces app for BodyBella Pilates.
4. Then, to keep it there, you can pin **BodyBella Pilates** site to the top of your Wix Spaces app by selecting the three dots on the image, then selecting 'Pin to top' from the list of actions.

## Class packs and Subscriptions

Introduction to Reformer is \$20 per person, per class.

Beginner and Group Reformer is \$32.00 per person, per class.

### Class Packs

Class Packs are available to purchase for Beginner and Group Reformer only. All prices include GST.

You can purchase and pay for a class pack online through the website, each time you book a class it will come off your class pack, by EFTPOS in the studio, or internet banking into the BodyBella Pilates bank account (see details further on). By purchasing a class pack this reduces the cost of the class from \$32 to \$30pp, per class.

- 4 pack - \$120,
- 8 pack - \$240,
- 10 pack - \$300,
- All class packs are valid for three months.

Normal Terms and Conditions apply to all class packs (mentioned further on).



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## Subscriptions

A subscription is a regular payment (weekly or fortnightly).

- You can purchase a subscription through the website or internet banking to prepay for your upcoming classes. These must be made in advance of the classes and will entitle you to the discounted class price of \$30 per person, per class,
- It is your responsibility to keep track of the classes you have attended, cancelled, or rescheduled to ensure your payment is kept up to date,
- If you cancel a class with more than 12 hours' notice, you can swap to another class. You have a calendar month to use the credit for a class,
- As outlined in the **Cancellation Policy**, if you do not attend a class ('no show') or cancel the class with less than 12 hours' notice, you will pay for the class in full using your subscription.

## Payment

**Payment is in advance of attending your class.**

Your class booking is not confirmed until payment is received.

Payment can be made while you are booking the class or using a [Class Pack or Subscription](#).

In-person payment can be made by EFTPOS in the studio or paid by internet banking using the following details.

**Account name: BodyBella Pilates Ltd. Bank Account number: 12-3142-0476294-00.**

Please use your name, date and time of the class as a reference, for example '**Mel Harrison 9 June 5pm**'.

## Terms and Conditions

We want everyone to have a fun and safe workout so there are a few things we need to do to make sure that happens:

- Always wear grip socks for hygiene and safety purposes,
- Clean your machine down after class,
- If you are unwell, please stay at home and take care of yourself,
- Remember to follow the instructions, please advise the instructor if you have any injuries or conditions so exercises can be modified,
- If you are new to Pilates Reformer you must attend a minimum of three Beginner Reformer classes before joining the Group Reformer classes.



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## Cancellation Policy

As the studio has limited places per class, we are keen to make sure as many people as possible can attend a class each week.

- **Cancellations:** All class cancellations must be made through the BodyBella site using the Wix Spaces app as soon as possible to give people on the waitlist a chance to book into the class.
- **Cancellation window:** All classes: Introduction, Beginner, Group Reformer, and Private Sessions have a 12-hour cancellation window.
- **What this means is:**
  - If you cancel within the 12-hour window of the class booking, you will be charged full price for the class or private session.
  - If you do not show up to your class or private session, a 'No Show', you will be charged full price for the class.
  - *Payment in these cases will be made through the normal method for the class, including a class pack or subscription.*
  - You cancel your class booking outside of the 12-hour window with no charge. This cancellation will need to be made using the Wix Spaces app that is used for managing the class bookings.
  - All payments need to be up to date to make future class bookings.

## Privacy Policy

All personal information will be kept confidential and will not be disclosed outside of BodyBella Pilates Ltd without your consent.

## Client Health and Safety Policy

- For the health and safety of our clients we ask that you advise the instructor if you have any medical conditions and provide a medical certificate where necessary,
- If you are pregnant, please bring a signed medical consent form from your Doctor before your first class.

## Child policy

- Children are welcome at the studio whilst their parent is attending a class,
- Please supply a source of entertainment to occupy your child/ren during class time so there are no distractions to the other people in the class.

## Disclaimer

- Please look after your belongings at the studio, as we are not liable if anything goes missing,
- Please follow the instructions, and potential modifications offered during the class. All due care will be taken, however BodyBella Pilates Limited is not responsible for any injury you may incur,



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- From time to time, we may need to cancel a class due to illness, instructor availability, public holidays, or unforeseen circumstances. BodyBella Pilates Limited reserves the right to cancel classes and we will give you as much notice as possible.

## Frequently asked questions

Check out more information at our [FAQs | Bodybella Pilates](#) page on the website.

## BodyBella Pilates Contact and Studio Hours

Melissa Harrison is the owner and Principal Instructor of BodyBella Pilates. Mel is trained and qualified in Mat Pilates and Group Reformer Pilates and has a current 2024 First Aid certificate.

The Studio is located at 20 Benzie Avenue, Wallaceville, Upper Hutt. We are on the corner of Benzie Avenue and Wood Street. Entrance and parking are located on Wood Street. You'll see a carpad and a set of stairs going up to the house, walk up the stairs and ring the doorbell.

The Studio is open from Monday evening to Saturday morning and closed on Public Holidays. Please arrive at least 5 minutes before your class starts.

Mobile: 021 110 6088

Email: [mel@bodybella.co.nz](mailto:mel@bodybella.co.nz)

## Social Media

Check out our website and Instagram page, subscribe to our YouTube for Pilates Mat videos to use in between your Reformer classes, like our Facebook page and join the BodyBella Pilates Members Group – specifically for members and information on Pilates.

Website: [www.bodybella.co.nz](http://www.bodybella.co.nz)

Facebook: [www.facebook.com/bodybellapilates/](http://www.facebook.com/bodybellapilates/)

Instagram: <https://www.instagram.com/bodybellapilates/>

YouTube: [bodybella pilates - YouTube](#)

Thank you

Mel 😊