Cancellation/No-Show Policy:

We respectfully require 24-hour advance notice for any cancellations.

Pilates: Any late cancels/missed classes will be charged the full amount.

Physical Therapy: Any late cancels/no-shows will be charged $90. A credit card on file is required at first visit.

Unlimited Mat Package: Any late cancels/missed classes will be subject to a $5 fee. This must be paid prior to attending your next class.