



Private & Duet Session Information

Studio Location: 155 High Street, Motueka, above Astrolabe Clothing Store

Time: Sessions are 55 minutes. Please arrive 5+ minutes before your session or class so you are ready to start on time! To be considerate of our instructors and clients, we will always end each session at its designated time.

What to Wear: Comfortable clothing that allows you to move freely eg, tights, long loose shorts or tracksuit pants. Layers on top with fitted tops allow us to see how your body is connecting to the exercises. Socks in winter whilst doing mat work is fine, but bare feet or non-slip socks required on the equipment for safety reasons. Please do NOT wear perfume as some people react to certain fragrances.

What to Bring: A water bottle and a smile! Please leave your worries at the door.

Cost: Private sessions are \$60. Duet sessions are \$70.00. Payments can be made by cash or cheque at the time of session or beforehand via bank transfer. Please note that I do not have eftpos facilities.

Cancellations: Please provide 24-hour notice if you cannot make your scheduled appointment time. In the event of illness or emergency, please contact Michelle by 7AM via text at 021 2459955, otherwise the session is charged in full. Thank you for your consideration.

What To Expect: At Onebodi Pilates we want you to have a great work that challenges you, whilst learning how to move your body correctly and mindfully. This takes time to learn and we all learn at a different pace. When you begin your Pilates journey with Onebodi, we will focus on teaching you the subtleties of good movement and how to fire up the correct muscles. Precision is key and therefore your first session may seem slower than you'd expect while the instructor explains and works hands-on with you. But once you learn the basics, you are on your way to a fantastic flowing workout that will keep you moving and sweating, one exercise after another. Your feedback is encouraged so you and your instructor can work together and give your body what it needs! So please feel free to ask questions, ask for help, and share your thoughts with us anytime!