
Advantage Pilates Singapore Studio Policy

- ❖ Due to Singapore Government's Safe Distancing Measures, Duration of all Semi- private and Group Classes will be for 50 minutes only. Only Private Sessions are for 1 hour as the session is only for 1 person.

- ❖ All Equipment and Touch Surface needs to be cleaned before and after every session.

- ❖ Wearing of Mask is mandatory for all Instructors and Staff of Advantage Pilates Singapore. However, wearing of mask is optional for client/ participant while doing the exercise.

- ❖ Please scan and check temperature when checking into the studio.

- ❖ For hygiene purposes, please wear socks while in the studio premises.

- ❖ Please do not come for class if you are unwell.

- ❖ As with all other exercise programs, please consult your doctor/ therapist or any other medical practitioner prior to joining any of our classes.

- ❖ Always work out according to your range and fitness level. DO NOT force yourself to do the exercise. Please inform the Instructor if you are feeling any discomfort or difficulty so she can assist and modify the exercise for you.

- ❖ Our Instructors may use tactile cueing (touch) for purposes of alignment, adjustment and correction purposes, to maintain a safe and beneficial Pilates experience for participants. Please inform the Instructor before the class, if you prefer not to use tactile cueing method.

- ❖ Use of the lockers is strictly within the duration of your visit to the studio. All unclaimed items will be discarded at closing time.