

PULSE – THE PILATES STUDIO

Opening 4th November 2024

EXCLUSIVE FOR PATRON MEMBERS

Days & Timings:

- Ages: 16 to 75 years
- Open: Monday to Saturday, 07:00 am – 08:00 pm

1st Shift	2nd Shift
07:15 am – 08:00 am	02:00 pm – 02:45 pm
08:15 am – 09:00 am	03:00 pm – 03:45 pm
09:15 am – 10:00 am	04:00 pm – 04:45 pm
10:15 am – 11:00 am	05:00 pm – 05:45 pm
11:15 am – 12:00 pm	06:00 pm – 06:45 pm
12:15 pm – 01:00 pm	07:00 pm – 07:45 pm

Sessions	Frequency	Price
36 sessions	Mon/Wed/Fri	₹23,500 + taxes
24 sessions	Mon/Wed/Fri	₹15,700 + taxes
12 sessions	Mon/Wed/Fri	₹7,900 + taxes
8 sessions	Tues/Thurs	₹5,300 + taxes
4 sessions	Saturdays only	₹2,800 + taxes
1 session	Slot availability basis	₹700 + taxes

Note:

Facility is reserved for patron members only. Guest, Reciprocal, and Resident members are not permitted.

To Book Your Slot:

- Email: pilates@malabarhillclub.com
- First-Come, First-Served Basis

Cancellations, adjustments, or extensions are not allowed for missed sessions. Bookings via phone or letter are not accepted.



PULSE – THE PILATES STUDIO

EXCLUSIVE FOR PATRON MEMBERS

GENERAL PILATES RULES & POLICIES

Dear Members,

We kindly request you to review the following General Pilates Rules & Policies for a smooth and enjoyable experience at Pulse – The Pilates Studio:

- 1. Booking Policy:** Slots will be booked on a first-come, first-serve basis via email only. Bookings made through telephone or letters will not be accepted.
- 2. Operating Hours:** The studio opens at 7:00 AM, and lights will be adjusted accordingly.
- 3. Closing Time:** Members must exit the studio promptly before closing time.
- 4. Waiting List:** If preferred class is full, please sign up for our waiting list.
- 5. Enrollment Terms:** Cancellations, adjustments, or extensions will not be permitted after enrollment, regardless of missed sessions.
- 6. Attire:** Suitable, close-fitting clothing is mandatory for safety and efficient training. Loose or baggy clothing is discouraged.
- 7. Shoes:** Shoes to be removed outside the Studio and place them in the designated area.
- 8. Bag Storage:** Store bags in the designated racks.
- 9. Grip Socks:** Pilates socks with grips are mandatory.
- 10. Water Bottles:** Only sipper bottles are allowed. Glass bottles and non-water drinks are prohibited.
- 11. Membership Card:** Present your membership card to the trainer before each session.
- 12. Equipment Use:** Read and observe all posted equipment instructions and warnings.
- 13. Participation at Your Own Risk:** Members participate at their own risk. Club and trainers will not be held responsible for any injuries under any circumstances.
- 14. Punctuality:** Classes start and end as scheduled, even if you arrive late. Arrive 5–10 minutes before your session.
- 15. Mobile Devices:** The use of mobile phones and other devices is prohibited in group classes.
- 16. Music & Volume:** Individual music preferences are not permitted, and volume will be maintained below 78 decibels.
- 17. Temperature Control:** Studio A/C temperature will remain between 22°C to 24°C and cannot be adjusted.
- 18. Hygiene & Courtesy:** Maintain cleanliness, hygiene, and respect for others in the studio.
- 19. Jewellery & Hair:** Avoid wearing jewellery during apparatus classes to prevent injuries. Tie long hair for reformer classes.
- 20. Valuables:** Keep valuables/belongings with you in the exercise room but ensure they are out of the way. The Club/trainer is not responsible for lost or stolen items.
- 21. Perfumes & Lotions:** Avoid strong perfumes/colognes and refrain from using lotions on hands or exposed skin to prevent slipping.
- 22. Clean Equipment:** Wipe down mats and apparatus after use to maintain hygiene and courtesy for the next user.
- 23. Respect for Equipment:** Use apparatus and accessories with care. Members are responsible for any property damage they cause, except normal wear and tear.
- 24. Prohibited Items:** Smoking, food, snacks, sweets, or chocolates are not allowed in the studio.
- 25. Talking Volume:** Maintain a low volume when conversing to uphold decorum.
- 26. Guests & Access:** Guests and reciprocal or resident members are not permitted. Sons above 18 years cannot use the facility under their parents' membership.

Thank you for adhering to these guidelines to ensure a safe, respectful, and enjoyable environment for all.

By Order,

SD/-

(Samir Unadkat)
Honorary Secretary

