

The pandemic has created a huge shift in how we run our classes so you will notice some change from years past. I do however, believe that our new way of running Pilates classes will prove to be flexible and inclusive to all.

What to expect:

- In Person Class - must pre-register (see below for details) as spaces are limited (6 spots only).
- Virtual - just click on link of desired class and see you there (the email remains the same for each week).
- Prices are just \$15 per class.
- Pre paid classes are required and can be purchased in packages of 5 or 10 class passes.
- Payment can be made by cash, or e-transfer to deana@extensionpilates.ca.
- Only pay for what you use (I keep track for you).
- I require minimum of 3 people to run a class.
- Pre-register in advance up to one hour before class begins for in person only.
- Have to cancel? Please cancel in person classes if you cannot come.
- Equipment -Do you need to bring anything? I do have mats in case you forget one but I encourage people to bring their own.
- Covid protocols (see below).
- I have a lovely old gentle dog who likes to say hello (hypoallergenic) please advise if you are afraid of dogs.
- If attending in person classes - we are at 48 Shore Gardens in Oakville. Please come through the back gate on the South side of the house and enter the house through the Barbecue door.

Online Registration System For In Person Classes

- TidyCal- to pre book/reserve your spot in class you can go to <https://tidycal.com/deana> book any class.
- Sign up for as many classes in advance as you wish.
- Cancel any classes you cannot attend in advance to allow space for others who wish to attend.

- Cancel anytime up to one hour before class (again the more in advance the better).

Covid Protocol

- If you feel any symptoms and if you are unsure of what it is, kindly participate virtually via Zoom until you feel well enough to attend in person.
- If you believe you have been exposed to Covid in the last 5 - 7 days please participate virtually via Zoom.
- Masks are optional.
- We have reduced the size of our class to allow for more space in between mats.
- You will never be charged for a class you have to cancel so if you are unsure of symptoms, exposure, etc it is better to cancel.
- We reserve the right to switch back to a virtual class delivery model anytime due to an increase in covid cases.