



## Online Pilates Program – FAQs & Policies

Welcome! To help you get the most out of your online Pilates experience, here are a few important guidelines:

### 1. Is this program just for me, or can I share it?

Your access is for **one household only**. Please do not share your login, links, or content with friends, extended family, or others. Thank you for respecting this policy—it helps us continue to offer high-quality instruction.

### 2. Can I extend my access if I need more time?

Access is granted for a **specific period** and **cannot be extended**. Be sure to plan your schedule accordingly and make the most of your access window.

### 3. Can I pause or restart the program?

The program cannot be paused, restarted, or rescheduled. Once your access begins, the **expiration date is fixed** and cannot be changed.

### 4. Why are these policies important?

These guidelines ensure fairness, protect the value of the program, and encourage a consistent practice rhythm. Your commitment matters!