

Kim Postance Pilates

Frequently Asked Questions

I've never been to Pilates before, how will I know what to do?

I will guide you through every exercise, provide clear cues (verbal / tactile) and demonstrate any new exercise before you attempt it. If you're not sure about any aspect of any exercise, please just ask me, my job is to guide you to help you get the best from your session.

How do I book?

I manage my own diary, so the best way to book is to either complete the 'Contact Me' page on my website or email me directly at hello@kimpostancepilates.co.uk and I will come back to you to arrange a suitable time for an introductory session.

Do you have a welcome offer?

If you'd like to try out a session with me, you can book a one off introductory 45 minute session. If we're a good fit, then you can go on book into a full individual session or programme.

How long is each session?

Each session is 60 minutes, excluding the introductory session which is 45 minutes.

Do you have a cancellation policy?

There is a 24-hour cancellation policy. Please contact me 24 hours prior to your session to avoid being charged the full price of your session. If you cancel within 24 hours of your session or do not attend you will be charged the full session price.

Whereabouts are you based?

My studio is located at my home in central Guildford, just off Epsom Road, less than a mile from the Upper High Street. There is plenty of parking on my driveway. When you book for a session, I will send you full directions of where we are located.

Do you have shower / changing facilities?

I do not have shower or changing facilities on site – please come dressed ready to start your session.

What do I wear to Pilates?

Come in comfortable exercise clothes, but please refrain from wearing leggings or tops with zips (as they snag / damage the equipment). A pair of grippy Pilates socks are encouraged – it's safer for you and better for my equipment.

Can I buy a gift voucher?

Whilst I don't have a formal gift voucher system in place I will gladly arrange for a gifted session for a friend or family member. Please message me for details.