



---

Fall 2009

Policy re: Illness

With the increasing speed at which the flu and other illness seem to spread, we ask that you please adhere to the following guidelines when deciding whether to participate in a class or private session after an illness for both your health and the health of others in your class:

1. Please allow a minimum of 24-28 hours with out fever (including fever reducing meds) prior to working out.
2. Please breathe comfortably. If you are struggling with taking a breath, imagine how hard it will be while lying down.



---

## *Weather Closings*

Core Pilates & Yoga strives to keep the doors open for their clients during regular scheduled hours & classes. It is always difficult to determine how bad the roads are during the early morning hours. We strive to have the studio voice mail changed by 5:30am and through-out the day, if needed, to reflect our business hours during a storm.

Please call ahead to verify your class/session is still running. #361-2555

**NOTE: WE DO NOT NECESSARILY CLOSE WHEN THE SCHOOL ARE CLOSED. PLEASE CALL AHEAD.**

These policies are to maintain the safety of our clients and trainers.

Thank you