

Welcome to TPU

CONGRATULATIONS ON FINDING LAKE FOREST'S BEST KEEP SECRET!
HERE IS EVERYTHING YOU NEED TO KNOW BEFORE YOUR FIRST
SESSION

SCHEDULING

- Classes must be scheduled online or through the Mindbody App.
- Private Sessions cannot be booked online. Contact the studio via email to set up a private session. You will receive an emailed appointment confirmation.
- All sessions can be seen and cancelled from the Mindbody app

CANCELLING

- All sessions must be cancelled online or through the MindBody App. An email, call or text does not guarantee your appointment will be cancelled on time.
- **Private Sessions must be cancelled 24 hours in advanced. Classes must be cancelled 12 hours in advance.**

Cancellations that do not follow this policy will either be deducted from your package. If no package is present your card on file will be charged a drop in fee for the rate that session types drop in price.

Misc.

All purchases are non-refundable.

All sessions have a 2 month expiration unless otherwise specified.

CONTACT

info@thepilatesunderground.com
224-544-9855

GETTING HERE

**246 E DEERPATH RD
SUITE 3
LAKE FOREST, IL 60045**

Location

We are in the brick building with the green awning. Our door is right next to Edward Jones on the street level.

When you enter the building take the stairs or the elevator. We are the last unit on the left.

Parking

There is street parking right outside the studio, or there is a parking lot just around the corner on Forest Ave.

WHAT TO BRING

Socks with Grips.

We do **require** the use of grip socks. Any brand is fine, so if you have a pair you like please bring them with you to your first session, otherwise we sell BOMBAS grip socks at the studio.

Water Bottle

We do have water at the studio for you to fill up, but we recommend having some on hand.

Towel

If you like to have one with you when you workout, feel free to bring a small towel.