

Health & Safety

There are steep stairs at the building entrance to 75 Ghuznee St. Please use the handrail.

If you should require wheelchair access, do advise, giving plenty of notice. Access is through the basement garage from Garrett St and requires a swipe card that Articulate must obtain from the property manager with each use.

Within the studio itself there is a custom built bamboo floor, and there is a small, hard edged lip at the edge of this where it meets the carpet. The floor is ideal for mat work classes, but it is an extremely hard surface. It can be slippery when you are in socks. If you require water near you during a class, use a non spill container and/or place it out of all clients way.

This is a mat work studio, and small pieces of equipment are provided including foam rollers, swiss balls, small balls, flex-rings and bands. Please be mindful of all other people and equipment in the exercise space.

If you feel pain during or after a session, (pilates or massage) please let Articulate know. You may experience tenderness after a class or massage, and that is not necessarily a bad thing. If you are at all unsure though, and think you may have an injury it is vital that the studio knows and can then direct you towards correct treatment if appropriate.

articulate

PILATES + THERAPEUTIC MASSAGE

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