

POLICIES

All private & semi-privates sessions are by appointment only. Group class sign-up is available one week prior to scheduled class. All private, semi-private & group classes, including Mat, Reformer & Equipment classes, **require a 24 hour cancellation.** Students will be responsible for the session with less than 24 hours.

Payment for a single session/class is due on the date of the session/class. Payment for a session/class package is due on the first day.

5 SESSION/CLASS PACKAGES HAVE A 30-DAY EXPIRATION. If you purchase a package at the discounted rate, & then decide that you want to discontinue our services before you have used them all, please be advised that you will be charged at the single session rate for each session used. The total of those sessions will be subtracted from the package price & the balance will be refunded within 14 days.

Socks must be worn to work out on the equipment for hygienic reasons.

Appropriate workout attire, giving the instructor the best view of the working body, is required. NO SHOES!

Props & Equipment can only be used with the supervision of an instructor.

If you touch it, you clean it. That includes, but isn't limited to, mats, reformers, arc barrels, BOSU's, and any balls or poles.

It is the student's responsibility to inform the instructor of any physical ailment or injury, and to address said ailment or injury. Permission to continue training may be dependent on addressing/treatment of the ailment or injury.

Clients who are beginning or returning to exercise after an injury or surgery are required to provide a written medical release.

I have read and understand the above policies.

Name

Signature

Date