



## POLICIES AND PROCEDURES GYMNASTICS TRAINING

**HOW TO SCHEDULE PRIVATE SESSIONS:** Head to our website, [www.energypilatesfitness.com](http://www.energypilatesfitness.com) and navigate to:

- **Personal Training**
- **Private Gymnastics Training**
- Select "**Click here to book to register for personal training with \_\_\_\_\_.**"
- This will take you to our online scheduling system called "Mindbody".
- Click "**Find an Appointment**" to search for a time and purchase your session(s)!

### **STUDIO:**

We lock our front door. Should you arrive and our door is not open, simply ring the doorbell or kindly wait until your trainer greets you at the door.

### **IF YOU ARRIVE LATE:**

Unfortunately, we cannot extend the time of your session; your session will end at the scheduled end time.

### **LESSON TIME:**

Your session will start **within** the first 5 minutes of your scheduled time. For example, if your start time is 3:00pm; your session will start between 3:00pm and 3:05pm. Please be patient as our trainers talk individually to each student before and after sessions. **Please note: our trainers are usually booked "back-to-back"; if you have specific questions after the sessions, simply email us and we'll get the information to your trainer immediately.**

### **CLOTHING:**

Please not glitter skirts or headbands. They tend to live glitter into the grooves of our mats and hard to remove.

### **IF YOU DECIDE TO STAY DURING THE SESSION:**

We may have other training sessions, group fitness classes, or **yoga classes going on at the same time as your sessions;** therefore, we thank you in advance for following these studio requirements;

1. Please refrain from talking on your cell phone.
2. Siblings should be quiet and **stay in the waiting area near you (no walking around the studio/retail area).**
3. If the above **cannot be achieved**, our neighbors are great! Check out Angelina's Kitchen and Italian Bistro (which opens at 11:00am M-Sat) or there is a diner directly down the street (Zee's Diner).

### **IF YOU CANNOT MAKE YOUR LESSON:**

Cancel online on our scheduling system: [www.mindbodyonline.com](http://www.mindbodyonline.com). If you cancel 24 hours before your appointment, there will not be a charge. **If you cancel within 24 hours, your lesson will be deducted from your account. Energy always pay their trainers when they come to the studio to prepare for their sessions.**

### **FRIENDS:**

We love meeting your child(rens)' friends! However, these sessions are **private**, so if a friend wants to join, please have their parent register online for a private session, as we need all parents to complete the required information.

### **QUESTIONS REGARDING PAYMENTS/CHARGES/ONLINE SCHEDULING ISSUES:**

No problem, simply email Energy's Member Services Manager, Mari: [Mari@energypilatesfitness.com](mailto:Mari@energypilatesfitness.com)

### **ENERGY PILATES FITNESS YOGA:**

Any parent of a gymnastics student is eligible for either:

- ONE FREE MONTH of group fitness when **joining** Energy!\* (**Savings \$101**). This offer is good only if your child(ren) are currently taking **yoga-nastics or private gymnastics** at Energy. \* Learn more about our award-winning fitness studio and classes online or email: [info@energypilatesfitness.com](mailto:info@energypilatesfitness.com) for more information; **or**
- ONE FREE PILATES PRIVATE pilates reformer session (new clients only; one per person; must be used and scheduled within 90 days of child's first scheduled session or enrollment in a Yoga-Nastics class) \$90 value.

Thank you