



Private Gymnastics Training Information

How to schedule a private session:

On our website, go to the tag:

- "Personal Training"
- Click "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)

If you need help, email Mari, Member & Accounting Services: Mari@energypilatesfitness.com

Clothing:

Please note glitter skirts or headbands. They tend to leave glitter into the grooves of our mats and hard to remove.

Studio procedures:

- Arrival: Our front door may be locked. Should you arrive and the 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 sometime between 3:00pm and 3:05pm. Please be patient with your child(ren) as the trainer individually talks with the parent after a session. Should you need more information from the trainer, the trainer's schedule is booked back-to-back; simply email the trainer or email: info@energypilatesfitness.com
- 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:
 - Please refrain from talking on your cell phone.
 - No eating in the foyer.
 - Siblings should be quiet and **stay in the waiting area near you (no walking around the studio/retail area).**

Cancellation of your lesson:

Cancel online on our scheduling system: 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.

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 and charges:

Email Mari, Member and Accounting Services, Mari@energypilatesfitness.com

Thank you