



POLICIES AND PROCEDURES GYMNASTICS TRAINING

HOW TO SCHEDULE PRIVATE SESSIONS: Head to our website, www.energypilatesfitness.com and navigate to:

- **Personal Training**
- **Private Gymnastics Training**
- Review Booking Guide under “how to book private gymnastics” button

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).**

IF YOU CANNOT MAKE 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. 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

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 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