

Our Policy

Pricing:

We accept cash, checks and Visa/MasterCard.
You will be charged \$35.00 for any check that is returned.

Fee Structure:

Payments for sessions and classes are due in advance.
Prepaid sessions are transferable but not refundable.

Bookings and Cancellations:

All private, duet and small group sessions are by appointment only, booked through the front desk. Mat classes are on a first come first serve basis.

Standing private appointments are available only for clients who purchase a 5 session package. A new package of sessions must be purchased prior to finishing the current package to maintain the standing appointment. Standing appointments will be cancelled after three consecutive missed sessions.

Due to unforeseen circumstances, we reserve the right to assign alternative instructors as needed.

We require 24 hours notice for cancellations. Your session is automatically charged if we do not receive the cancellation 24 hours in advance. Please respect this policy as our instructors are compensated on a per lesson basis.

Late Arrival:

If you are going to be late for your session, we ask that you call the studio to hold your appointment. If you are 20 minutes late, your session will be charged as a cancellation.

Studio Etiquette:

To offer the best environment for our clients and staff we kindly ask that you adhere to the following rules:

- No cell phone use in any area of the studio.
- Refrain from wearing perfume and scented body lotions during your workout.
- Respect the peaceful and focused environment we create by keeping conversation to a minimum.
- No food or drink, except for water, is allowed during your workout.
- No gum chewing.
- No shoes allowed on the mat.

Hydro massage Etiquette:

To maintain the beauty of the hydro massage table we kindly ask that you adhere to the following rules:

- No shoes on the bed.
- Please take off all belts and do not wear sharp decorations on your clothing.
- Be gentle to the computer, if you have difficulty please ask.