



Diana Spiess, Owner
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PACKAGE OPTIONS

| Single Class | 5 Class Package | 10 Class Package | Unlimited |
|--------------------------|-------------------|---------------------|----------------------|
| \$18 | \$75 | \$120 | \$125/mo, 6 mo min |
| | | | |
| Single Reformer I & II | 5 Reformer I & II | 10 Reformer I & II | |
| \$28 | \$125 | \$230 | |
| | | | |
| Personal Trainer | Single Private | 5 Privates (3% off) | 10 Privates (7% off) |
| Diana Spiess | \$70 | \$339.50 | \$651 |
| Sandra Howells | \$60 | \$291 | \$558 |
| Rachel Kanable | \$50 | \$242.50 | \$465 |
| Darlene Chambers | \$60 | \$291 | \$558 |
| Jennifer White | \$50 | \$242.50 | \$465 |
| Stephanie Morgan | \$60 | \$291 | \$558 |
| *semi-privates available | | | |

Policies & Procedures:

- Please buy packages according to your usage as we cannot extend them
- 10 Class Package expires within 4 months; 5 Class Package expires within 2 months; Single Class Package expires within 30 days of purchase.
- 10 Private/Semi-Private Package expires within 4 months; 5 Private/Semi-Private Package expires within 2 months. Single Class/Private/Semi-Private expires within 30 days of purchase.
- Unlimited Monthly option is a minimum 6 month commitment.
- No packages are refundable, so please purchase packages according to your scheduling availability.
- Class sizes are limited so please reserve your spot in class online or by calling the studio.
- Please arrive at least 15 minutes before class. Due to the warm-up requirements, participants 10 minutes late or later after a class start time, will not be allowed to enter.
- Cancellations can be done online or by calling the studio 24 hours in advance or sooner without being charged. Classes and private sessions canceled without 24 hours notice will be charged the full credit of the class or private session. Since the studio is closed on Sunday, call-in cancellations must be done by 12:00pm Saturday for Monday classes and private sessions. Online cancellations for classes may be done on Sunday for Monday with 24 hours notice.
- Due to allergies, asthma and other conditions, please refrain from wearing perfumes or colognes while in the studio as this can cause some major medical issues for others.
- Essence Mind Body Studio LLC and its employees are not responsible for lost or stolen items in the studio or on the premises.
- All participants will fill out *a Par-Q form before taking class or doing a private session for the first time at Essence. Each year, the studio will have all participants fill out a new Par-Q form.
- Please refrain from wearing shoes in the yoga room. Shoes and jackets can be left in the hall way in the cabinets.
- We encourage you to visit our website, or come by to visit the studio and meet our team.

Updated 8/11/2010