

## Policy and Procedures New Client - Instructor Check-Off List Equipment Review and Dangers

### Group Class Room

- Tower - Spring Loaded

### Private Room

- Reformer – Spring Loaded
- Cadillac - Spring Loaded
- Ladder Barrel
- Arm Chair

### Props

- Jump Board, Rollers, Rings, Dowels, Blocks, Fit Balls, and Bands  
Wedges, Smart Bell

### FloorWork

- Wunda Chair – Spring Loaded
- Step Barrel
- Bodhi Suspension System
- Pilates Mat
- Yoga Mat
- Wedge
- Mat & Moon
- Barre

### Props

- Rollers, Rings, Gliders, Stability balls, Bosu Balance, Blocks, Fit Balls, and Bands, Hand Weight, ActivMotion Bar, Weight Bar

## Studio & Session Review

- Arrive early to prepare for your session / group class.
- Please respect others, do not be disruptive during session Please contact the studio if you are running late,

           15 minutes late without contact will be considered a *No Show*  
Cancellation fee may be applicable.

           All Monthly Packages expire at 30 days after the 1<sup>st</sup> (First) session. Any and  
all unused sessions may be forfeited. Monthly Packages may be gifted.

- Client has been informed in Hands on Cueing and has no concerns
- Client wishes not to participate in Hands on Cueing**

Please wipe down all equipment with cleaning wipes or studio spray after every use

\_\_\_\_\_  
Client's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Instructors Signature

\_\_\_\_\_  
Date