

# Essentrics® with Lynne – Policies and Procedures



## Payment:

### 1) **Registered Classes:**

- \$15.75/class (includes GST)
- Registered classes are held in 2 month blocks (ex: Jan/Feb)
- To hold your spot and get the \$15.75 rate, you **must** register for the full of block of sessions
- You can hold your spot with a \$20 non-refundable deposit which will go toward your registration
  - EXCEPTION: if you are new to Essentrics® with Lynne and start classes in the middle of a block of sessions, you may register at the \$15.75 rate for the remainder of the classes in the current session
- 10% discount when registering for 2 or more classes on different days (ie: Tuesdays and Fridays)

### 2) **Drop Ins:**

- \$20.00/class (includes GST)
- Drop-ins are possible when classes are not full; Please contact Lynne prior to the class to check availability

### 3) **First trial class:**

- Free; You are welcome to try a class and see if this is the right fit for you

### 4) **Accepted forms of payment:**

- Cash, Cheque, E-transfer
- NSF cheques subject to \$35 penalty fee

## Refunds:

### 1) **No refunds on paid monies for registered classes**

- If you need to miss a class, you will not be reimbursed for the class
- OPTION: You may make up the missed class at another class throughout the **current** block of sessions at no extra cost

### 2) **Exceptions:**

- Should you need to stop classes for emergency medical reasons or life emergencies, payment can be put on hold for 6 months, after which time it will no longer be valid

### 3) **If Lynne has to cancel a class:**

- Should I have to cancel a class due to illness or emergency and I am unable to find a replacement instructor, I will credit you a class in the next block of sessions. A monetary refund will only apply if you cannot continue classes in the next block of sessions.

## Private Session with Lynne:

### 1) **One-time 30 minute private session with Lynne:**

- Enjoy a private session at the low cost of \$25.00 (includes GST) – regular price is \$45.00
- Go over Essentrics® technique, positions, and any exercises you are struggling with
- Contact Lynne for time and details

## Requirements:

### 1) **Waiver and ParQ:**

- Both the Waiver and ParQ must be signed and given to Lynne Loiselle prior to commencement of your first class. You will not be allowed to participate without these required forms filled out.

### 2) **Medical Clearance:**

- Should Lynne Loiselle deem that you are in need of medical clearance from your family doctor prior to starting a class, she will inform you and give you the appropriate paperwork for your doctor to fill out. This is for your safety. Essentrics® is a gentle form of exercise, but some conditions require medical clearance prior to commencement of physical activity.

## What to bring to class:

### 1) **Exercise Mat**

- Exercise mats are useful for standing and floor work. They prevent you from slipping on flat surfaces and can provide relief for those with foot pain. Any foam mat will do—some of you may prefer a slightly thicker mat for floor work and a thinner one for standing exercises.
- Examples of mats:
  - [0.3" \(8mm\) Thick Fitness Mat](#)
  - [1/8-¼" \(3mm\) Thin Fitness Mat](#)

### 2) **Hip Cushion or Towel:**

- A soft foam cushion is useful for those who may feel discomfort while lying on their sides/hips during floor work. The ideal cushion is a donut/hemorrhoid one - 18" size is recommended.
- In Calgary, I have found them at CoOp Home Health on McLeod Trail and Walmart.
- Here is an example:
  - [Donut Cushion \(Hemorrhoid cushion\)](#)
- A large, soft towel will also be helpful (but not quite as good as the cushion)

### 3) **Water and Comfortable Clothing:**

- We will be working barefoot, so no need for shoes unless you have specific foot issues

## Class Etiquette:

1) **Scents:** Please refrain from wearing strongly scented products.

2) **Chairs:** We often use chairs in class. Kindly put them back in the storage areas at the end of class.

3) **Share the space:** We are all creatures of habit. If someone is in the space you normally like to work out in, try another spot in class. It's good to change things up a bit.

4) **Welcome and help out new participants:**

- If Lynne is busy and you notice a new person entering the space, please help them set up (get a chair, band, head pads, etc.). Share the Essentrics® love!