

# Essentrics® with Lynne – Policies and Procedures

## Payment:

### 1) **Classes Passes:**

- 1 hour classes (live, online, in the park):
  - 10 class pass: \$15.75/class (\$157.50 total)
  - 5 class pass: \$18.50/class (\$92.50 total)
- ½ hour classes (online only)
  - 10 class pass: \$8.00/class (\$80.00)
  - 5 class pass: \$9.25/class (\$46.25)
- GST included in all above rates
- Class passes do not guarantee your regular spot in live classes. **It is based on availability only.** You must contact Lynne prior to class to reserve your spot.
- The pass is valid for **4 months** upon purchase after which time it will expire.

### 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:**

- \$5.00 (1/2 hour online class) or \$10.00 (1 hour online or live class) (includes GST)

### 4) **Saturday Technique classes:** \$15/class (GST included)

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

- E-transfer preferred. Cash and cheques are accepted.
- NSF cheques subject to \$35 penalty fee

## Refunds:

### 1) **Refunds will only be issued if there is a Covid outbreak and all live classes are suspended.**

- Please note that class passes can be used for online classes if there is a Covid outbreak.
- Passes can also be put on hold during a Covid outbreak. Once classes resume, the passes will be re-activated for the remainder of the 4 month usage period.
- **Otherwise, no refunds will be issued.**

### 2) **Exceptions:**

- Should you need to stop classes for an extended period of time 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.

## 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) **Elastic Band or Strap:**

- We use bands or straps to assist in stretching. I can sell you a piece of Theraband or you can purchase one at your local fitness store. [Fitness Depot](#) usually has a good stock.

### 3) **Head and bum cushions:**

- You may need support for your neck when lying on the floor. You may also need assistance when sitting on the floor if you struggle with rounded back and/or tight hamstrings. Yoga blocks, gardening kneeling cushions and [this block](#) from Fitness Depot work well.

### 4) **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)

### 5) **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 scented products.

2) **Chairs:** We often use chairs in class. Kindly sanitize and 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. Be gracious with the space.

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