

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
- **The pass is valid for 4 months upon purchase after which time it will expire.**

2) **Drop Ins:**

- \$10.00 (1/2 hour online classes) or \$20.00 (1 hour online or live classes) (includes GST)
- In-person drop-ins are possible when classes are not full; contact Lynne prior to the class to check availability

3) **First trial class:**

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

4) **Saturday Technique classes:** \$15.75/class (GST included)

5) **Accepted forms of payment:**

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

Refunds:

➤ **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.**

Holds

- Should you need to stop classes for an extended period of time for emergency medical reasons or life emergencies, your pass can be put on hold for up to 6 months, after which time it will no longer be valid (*no other exceptions*). You must request the hold (please do not assume that Lynne will know to do this for you). Lynne will attempt to keep a spot open for you upon your return, but she can not guarantee this.

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.

Class Etiquette:

- 1) **Scents:** Please refrain from wearing scented products. **Zero tolerance for this. You may be asked to leave the class if you are wearing perfume.**
- 2) **Gum chewing:** Ideally no gum chewing in class. If you must, please do so discretely and quietly.
- 3) **Chairs:** We often use chairs in class. Kindly put them back in the storage areas at the end of class.
- 4) **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. No spots are reserved. If you are setting up, please be respectful of those around you. Ask if you are blocking someone's view or space.
- 5) **Welcome and help out new participants**

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 mat will do—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 side/hip during floor work. The ideal cushion is a donut/hemorrhoid one - 18" size is recommended.
- Here is an example:
 - [Donut Cushion \(Hemorrhoid cushion\)](#)
- A large, soft towel will also be helpful

5) Water and Comfortable Clothing:

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

Private Session with Lynne:

➤ One-time 30 minute or 60 private session with Lynne:

- Enjoy a private session at the low cost of \$25.00 (30 min) or \$50.00 (60 min) +GST— regular price is \$45.00/\$75.00
- You must be a registered participant in regular classes (having purchased a 5 or 10 class pass) to qualify
- Go over Essentrics® technique, positions, and any exercises you are struggling with
- Contact Lynne for time and details