

Essentrics® with Lynne – Policies 2024

Payment:

1) *Classes Passes (GST included):*

- **1 hour classes** (live, online, in the park):
 - 10 class pass: \$16.80/class (\$168.00 total)
 - 5 class pass: \$19.55/class (\$97.75 total)
- **½ hour classes** (online only)
 - 10 class pass: \$8.50/class (\$85.00)
 - 5 class pass: \$9.75/class (\$48.75)
- **The 5 class pass is valid for 2 months and the 10 class pass is valid for 4 months upon purchase after which time it will expire.** The 2 or 4-month period will only be extended for any vacation time Lynne takes and any holidays such as Christmas and stat holidays.

2) *Drop Ins:*

- \$11.00 (1/2 hour online classes) or \$22.00 (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) *Cancellations:*

- **24 hours notice must be given when cancelling an in-person class or you will be charged for the class, no exceptions (this does not apply to Zoom classes)**

5) *Accepted forms of payment:*

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

Refunds:

- **All payments are final, no refunds**

Hold

- Should you need to stop classes for an extended period of time, you may do so **for emergency medical reasons only**. 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 (for in-person classes) but she cannot guarantee this.

Requirements:

1) *Waiver and Policies documents:*

- Both the Health/Waiver and Policies documents 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.
- Health/Waiver: <https://form.jotform.com/lynneloiselle/essentrics-intake-and-waiver-form>
- Policies: <https://form.jotform.com/lynneloiselle/policy-agreement-form-essentrics>

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.

Class Etiquette:

- 1) **Arrive early:** please arrive at least **5 minutes early** to set up.
- 2) **Scents:** Please refrain from wearing scented products. **Zero tolerance for this. You may be asked to leave the class if you are wearing perfume.**
- 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](#)
 - [1/8-3/4" \(3mm\) 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 or 60 minute private session with Lynne:

- Enjoy a private session at the low cost of \$35.00 (30 min) or \$65.00 (60 min) +GST— regular price is \$50.00/\$80.00
- 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