

THE ESSENCE OF MOVEMENT: STUDIO POLICIES

All new clients are to complete and sign the “The Essence of Movement” Client Profile and Waiver” prior to starting their first class.

Fees are due at the beginning of each new term; cheques and cash are acceptable forms of payment.

Clients must be registered in the class to participate—there are currently no drop-in sessions available.

To assist in The Essence of Movement’s goal of punctuality, Clients are asked to arrive five to ten minutes prior to the scheduled start of class, as classes are to begin at their scheduled times.

To allow freer movement, the wearing of comfortable clothing, that is not too loose, is preferred. If water bottles, towels, and/or non-skid socks are required, Clients are invited to bring them along.

There is a 24-hour cancellation policy. A fee will be charged for cancellations made less than 24 hours prior to the start of the scheduled class.

Refunds will not be issued except under special circumstances.

Rates and schedules are subject to change. Please phone or email The Essence of Movement to confirm the most up-to-date schedules.

*Thank you for respecting the policies
of The Essence of Movement.*