



## Frequently Asked Questions

Mountainaerialdance.com

### What should I wear to Aerial Class?

*It is recommended that you wear tight fitting clothing that covers your arms and legs. Please remove all jewelry (this includes fit bits) as they can catch on the apparatus and either break or damage the apparatus*

### How much weight do the aerial silks hold?

*Each silk rig point is rigged to a safety ratio of 10:1. This means each silks rig point can hold 2000lbs of weight. All rigging chains are inspected each month with each apparatus and safety mat inspected before each class.*

### How do I sign up / book / pay for a class?

*Simply email [Mountainaerialdance@gmail.com](mailto:Mountainaerialdance@gmail.com). Provide your contact details to include your email address and which membership or prepaid classes package you'd like. We will "invoice" you with a secure link that enables you to pay via credit card, Apple Pay, or bank transfer. We also accept Zelle! Memberships & prepaid packages can also be purchased with cash at the studio. Please note: all monthly memberships & classes must be paid for prior to the start of each month. Invoices are sent the last week of each month. All classes & private lessons must be paid in advance of booking your slot.*

### What's included in Unlimited Monthly Membership vs Prepaid Classes?

*Unlimited Monthly Membership enables you to essentially move into the studio! (lol) You can attend as many classes and open studio practice times (those you have properly leveled up for) throughout each month. You also have access to each of the Member dressing rooms which includes storage of your personal belongings as well as access to the showers. A warm towel service will be added in the Spring of 2020. Membership also includes special discounts on MAD gear.*

### I'm not very strong and somewhat out of shape. Should I go to the gym first?

*No! Aerial Dance will make you strong! All classes and skills are taught in progression to fit the strength, flexibility and goals of the individual. This is not a "box" gym. Classes are kept smaller to allow for the individual attention. Aerial has been shown to burn 400 to 550 calories per hour.*

### Is my membership or prepaid classes transferrable?

*Unfortunately, no. However, there are various prepaid class cards that are available to fit your schedule and budget needs. All prepaid classes are good for 60 days from purchase.*

### What should I bring to class?

