



Welcome to DDA Barre and Pilates classes!

Below is some information regarding our policies and what to expect when attending your first class.

**Arriving at your first class:**

1. Please arrive early before your first class as you will be required to sign a fitness waiver
2. Bring your **own mat** as the studio will not provide this. We provide all other fitness props such as yoga blocks, resistance bands, and light weights.
3. Bring a water bottle and a mini towel.
4. You will have access to change rooms but if you do not feel comfortable leaving your belongings alone you can bring them into class with you. We do ask that all winter items, such as large coats, and boots be outside of the studio.
5. The studio is in the basement so you may be a little chilly at the start, layers are encouraged as we warm our bodies up.
6. Pilates and barre classes are typically done in bare feet or, if you'd prefer, non-stick socks
7. Enjoy and have fun!

**In consideration of being a member of the Dynamic Dance Arts (DDA) Barre/Pilates movement classes I have thoroughly read and agree to the following:**

4. I understand that all DDA barre/pilates payment packages are non-refundable, non-transferable, and have expiration dates.
5. I understand that personal items left unattended in the studio are my responsibility and DDA is not responsible for any lost or stolen items.
6. I understand that if I cancel within 10 hours of the class start time for 6 am & 7 am classes and within 5 hours of the class start time for ALL other classes or do not show up for class, my account will automatically be charged \$10.