Dynamic Dance Arts

Adult Fitness - Barre/Pilates



Welcome to your first class!

Get all the detail below about your upcoming classes!

- Please arrive early before your first class as you will be required to sign a fitness waiver
- Bring your own mat as DDA will not provide this. We provide all other fitness props such as yoga blocks, resistance bands, and light weights
- Bring a water bottle and a mini towel if needed
- 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 the studio.
- We encourage layers that can be removed as we warm up our bodies
- Pilates and Barre classes are typically done in bare feet or, if you'd prefer, non-stick socks

Class Policies

1. Registration can be done online by creating a parent portal account. Registration can be done as a 5-week session or by single class drop ins.
2. Drop ins must register online a minimum of 12 hours prior to the start of the class time.
3. Registration payment is final sale. No refunds will be issued on registration or drop ins. Registration is non-transferable.
4. Participants should aim to arrive a minimum of 5 minutes early to class. The studio will be open for warm-up and preparation. Latecomers disturb the flow of the class.
5. Fitness waivers are to be signed prior to the start of your first class with us. Please see the front desk upon arrival. If you are attending as a drop in, please stop by the front desk to sign in.