



## CLASS & EVENT SCHEDULE

Day of Week	Class Start Time	Class / Event	Lead By
Monday	6:00 pm	Beginning Yoga	Darla Neal Morello
Tuesday	9:00 am	Open Yoga	Shari McCubbins
Tuesday	11:30 am	Quick Fix	Shari McCubbins
Tuesday	6:00 pm	Open Yoga	Shari McCubbins
Wednesday	6:00 pm	Intermediate Yoga	Shari McCubbins
Thursday	11:30 am	Quick Fix Open Yoga*	Shari McCubbins
Thursday	6:00 pm	Renew Yoga	Dawn Ray
Friday	9:00 am	Renew Yoga	Shari McCubbins
Saturday	9:00 am	Open Yoga	Shari McCubbins
Saturday	9:15 am	Morning Meditation	Karen Dorris
Sunday	10:00 am	Open Yoga	Emery Bryant
Sunday	5:00 pm	Drum Circle**	Curtis Claybaker

\*Quick Fix is a 60 minute class; all other classes are 90 minutes in duration.

\*\*The 1<sup>st</sup> & 3<sup>rd</sup> Sundays of each month.

### What to bring?

We provide all the tools students need in order to participate in class, including the blocks, blankets, bolsters, and straps. Although we have some spares that are first-come first-serve, we request that students bring their own sticky mats.

*Welcome!*



THE MOVE STUDIO is dedicated to providing our students with the skills they need to find balance through movement. An active body is a healthy body and finding balance is the key to finding peace along the path of life.

We truly hope you enjoy your experiences here and ask your cooperation in observing a few basic, yet necessary policies. Thank you for your consideration and for being part of our family.

- As a courtesy to the instructors and your fellow students, please arrive on time or a few minutes early for classes. If you need to leave early, please inform the instructor before class.
- Please remove your shoes upon entering the studio to help protect our space. Your shoes and belongings can be placed under the benches provided.
- To maintain a peaceful environment, please turn off or silence your cell phone or pager while you're in the studio. Optimally, you could leave them in your car.
- All classes on our regular schedule are first-come, first serve.
- We enforce a strict cancellation policy for all private training appointments, series and workshops. Pre-payment is required when you make the appointment or register for the series or workshop. For refund, we require 24 hours notice for cancellation of a private training appointment or workshop. Late cancellations and no-shows will not be refunded.
- For your convenience, we provide classes 7 days per week. Consequently, no make-up classes will be permitted unless pre-arranged between student and instructor. Our weeks start on Mondays and end on Sundays.
- Monthly unlimited plans and private training payments are non-refundable.
- Payments for programs will be deducted from your account by the 7<sup>th</sup> of the month. If you are a cash pay student, your monthly payment must be received by the 7<sup>th</sup> to avoid interruption in services.
- Written notification by the 20<sup>th</sup> of the month must be provided to place your monthly program on hold for medical or travel absences, or to cancel the program.
- The monthly unlimited plan may not be shared with friends or family members.
- All gift certificates expire after six months.
- We accept cash, check, VISA, MasterCard, Discover, and American Express credit cards. For your convenience, a credit card number may be kept securely on file to facilitate payments.

**Thank you for choosing THE MOVE STUDIO!**

Please let us know if you have any questions, comments, or suggestions.