

## **Anderson Yoga Center + Reformer Pilates: Waiver & Release, & Attendance Policies**

PLEASE NOTE: It is your responsibility to practice Yoga, Reformer Pilates, or any other activity associated with Anderson Yoga Center, LLC within your scope of abilities. Please inform your yoga instructor of any medical concerns she/he should be aware of.

I understand and agree to the Anderson Yoga Center Attendance Policies, which are as follows:

- PLEASE DO NOT COME TO THE STUDIO IF YOU ARE UNWELL. DO NOT COME TO THE STUDIO if you have a fever; if you have a cough; if you have shortness of breath; if you have any signs of sickness; if you interact regularly with at-risk populations; or if you have been in any at-risk situations for contracting any communicable disease. Please DO NOT COME TO THE STUDIO if you could put yourself or anyone else at risk.
- Anderson Yoga Center is a dry facility, and drinking alcohol or taking drugs or being inebriated in any way (including marijuana) before or during a class is dangerous, inappropriate, and contraindicated. PLEASE DO NOT COME TO THE STUDIO TO TAKE CLASS IF YOU ARE INEBRIATED. If you arrive to the studio to take class and it is discovered that you are inebriated, you will be asked to leave and no refunds will be given.
- Pre-registration is required for ALL classes. It is part of the studio policy that if a class roster does not have any students registered to attend that class an hour before the class is scheduled to begin, the class may be cancelled. If you do not pre-register, Anderson Yoga Center cannot guarantee that a class will be held.
- It is part of Anderson Yoga Center's safety and liability protocol that every individual wishing to attend classes or events must make their account using the LEGAL NAME and date of birth from their driver's license or passport – NOT a business entity – and to use all up-to-date contact information. Client records are held confidential and are ONLY accessible by the studio owner.
- The MINIMUM AGE to attend a HOT YOGA CLASS is 16. If someone who is under the age of 16 wishes to attend a HOT YOGA CLASS, you must gain special permission from the studio owner for that person to attend the class. Please email the studio owner, Megan Schlobohm, at [andersonyogacenter@gmail.com](mailto:andersonyogacenter@gmail.com) no later than 48 hours before the class is scheduled to begin to discuss the underage person. If special permission is granted, that person under the age of 16 must then be accompanied by a guardian or an adult for EVERY class they wish to attend. Exceptions are only made on a case by case basis.
- The minimum age to attend a NON-HEATED YOGA CLASS is 8. If someone is under the age of 8 wishes to attend a NON-HEATED YOGA CLASS, you must gain special permission from the studio owner for that person to attend the class. Please email the studio owner, Megan Schlobohm, at [andersonyogacenter@gmail.com](mailto:andersonyogacenter@gmail.com) no later than 48 hours before the class is scheduled to begin to discuss the underage person. If special permission is granted, that person under the age of 8 must then be accompanied by a guardian or adult for EVERY class they wish to attend.
- The minimum age to attend a REFORMER PILATES CLASS is 16. If someone is under the age of 16 wishes to attend a NON-HEATED YOGA CLASS, you must gain special permission from the studio owner for that person to attend the class. Please email the studio owner, Megan Schlobohm, at [andersonyogacenter@gmail.com](mailto:andersonyogacenter@gmail.com) no later than 48 hours before the class is scheduled to begin to discuss the underage person. If special permission is granted, that person under the age of 16 must then be accompanied by a guardian or adult for EVERY class they wish to attend.
- Class sizes are limited; please note the Anderson Yoga Center Late Cancellation and No-Show policy:
  - Earlier than TWO hours before any class is scheduled to begin, you can cancel without any penalty.
  - Once it is less than TWO HOURS before a class is scheduled to begin, if you cancel your class, there is a \$5 Late Cancellation fee.
  - If you do not cancel a reservation and do not show up to take the spot you reserved, there is a \$20 No-Show fee.
  - These charges are run automatically through our schedule software program and cannot be refunded or changed.
  - The only exceptions to this policy are medical or family emergencies, and it is up to the discretion of the studio to decide whether an exception will be granted. Please email the studio immediately if you believe you have an exception to the attendance policy ([andersonyogacenter@gmail.com](mailto:andersonyogacenter@gmail.com)), and we will get back to you as soon as we can.
- If you are on the waitlist and there is a cancellation, up to two hours before class is scheduled to begin you will immediately be moved from the waitlist to the roster. If a spot becomes available less than two hours before class is

scheduled to begin, we will contact you directly to ask if you would like to be put on the roster. It is vital that your phone number and email address are up-to-date on your account to ensure you are getting all notifications regarding your account. All attendance policies apply.

- If you are on the waitlist and you decide you do not want to attend a class, please remove your name from the waitlist. There is no penalty to remove your name from the waitlist.
- It is each student's responsibility to book and cancel their own classes from their account. With very few exceptions (which must be in writing), the studio will not book or cancel classes on your behalf.
- Our doors are open 10-15 minutes before class is scheduled to begin, dependent upon class schedule, and we encourage you to arrive at a minimum 5 minutes before class begins. NEW STUDENTS: Please arrive 10 minutes before class begins.
- As part of the studio safety protocol, when class is ready to begin, all Anderson Yoga Center teachers lock the front door right as they go in to teach. This serves multiple purposes – to protect students, the teacher, and their belongings; and to help maintain the peaceful environment of the practice room without the distraction of students showing up late. This means if you arrive to the studio after the class has already begun, the doors may be locked if there are no other classes, and you will not be admitted into the classroom. This also means that the No-Show penalty of \$10 will be charged to your account, and if you had a class pass (as opposed to an Unlimited Pass), whether purchased individually or part of a package, your pass will be considered "used" for that class, unless you are able to attend another class that is about to begin, at which time we will transfer you to that roster for no charge.
- Please do not call or email the studio or teachers that you are running late. We cannot hold the door or leave the door unlocked for any reason once class has begun, no exceptions.
- The check-in process will be contactless. Please tell the teacher your first and last name so she can confirm your attendance on the class roster. This is further reason why pre-registration is required for all classes and special events.
- Please bring as few of your belongings as possible into the studio, and especially into the classroom. Please arrive 15 minutes before class is scheduled to begin, already in your yoga clothing, and after checking in, go directly to the practice room, place your mat in a spot distanced from other students, and wait for class to begin.
- The use of a yoga mat is REQUIRED for all Yoga classes, unless otherwise specified (some special events do not require a yoga mat, for example). We do not have yoga mat rentals; as an alternative, we will have very affordable products for you to purchase, including yoga mats, bolsters, blankets, and blocks.
- The use of grippy socks is REQUIRED for all Reformer Pilates classes, unless otherwise specified. We do not have grippy sock rentals; as an alternative, we will have very affordable products for you to purchase at the studio.
- Students will be encouraged not to linger after class in to allow teachers time to clean after every class. The restrooms will be available for use after class. We do not have showers.

Please feel free to reach out via email if you have any questions - you can email us at [andersonyogacenter@gmail.com](mailto:andersonyogacenter@gmail.com), and we will get back to you as soon as we can.

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