

CLIENT & INSTRUCTOR STUDIO POLICY AGREEMENT

Welcome to **GYROTONIC®** Boulder! We offer **GYROKINESIS® AND GYROTONIC®** private lessons and group classes, as well as Teacher Trainings. We also offer instruction on the **GYROTONIC® Specialized Equipment: Jumping/Stretching Board, Leg Extension Unit and the Archway**. Our team includes a Master Trainer, as well as highly experienced certified teachers, who thrive on guiding students toward greater connection with their bodies. Gyrotonic exercise is unique among exercise systems in its continuous rhythmic movements, which elongate and awaken the spine and energetic centers of the human body. The motion patterns are natural, turbulence free and pure with no interruption, creating a bridge between contraction and expansion through the rhythmic movement of the joints, resulting in a balanced support system for the skeleton.

Before entering any of our group classes each new client is required to take 2 private sessions or any one of our Beginner Class Series. These beginner privates and classes are designed to give the client the basics of **GYROTONIC & GYROKINESIS** Movement. These classes and privates build confidence in the client's ability to perform the exercises, and therefore gain maximum benefit from them.

The Instructors at **GYROTONIC®** Boulder are dedicated to providing their clients with a fitness program that supports both their level of fitness & needs. The **GYROTONIC** Methodology is taught through a series of progressions, which gives the body a solid foundation and inner strength before performing advanced exercises. Throughout this process both the client and instructor must be committed in order to achieve the best results. At **GYROTONIC®** Boulder your success is very important to us! For the best results we ask that you follow these important guidelines listed below.

~ Please be on time.

~ Cancellations must be made 48 hours before a scheduled session by a phone call or email to your instructor. If we are unable to fill your space, you will be charged for the missed lesson.

~ Be aware of expiration dates of your packages.

~ Please do your homework, and integrate the work into your everyday life!

We are very excited to share with you the new wave in body mind fitness!

Instructor's Signature

Clients' Signature

Instructor's Name:

Phone #:

Email:

Clients Name:

Phone #:

Email:

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