



## **Private Gymnastics Training Information**

### **How to schedule a private session:**

On our website, go to the tag:

- "Personal Training"
- Click "Private Gymnastics Training"
- Select "Click here to book to register for personal training with \_\_\_\_\_."
  - This will take you to our online scheduling system called "MINDBODY".
- Click "Find an Appointment" to search for a time and purchase your session(s)

### **Studio Policies:**

- Arrival: Our front door may be locked. Should you arrive and the door is not open, simply ring the doorbell or kindly wait until your trainer greets you at the door.
- Lesson Time: Your session will start within the first 5 minutes of your scheduled time. For example, if your start time is 3:00pm; your session will start sometime between 3:00pm and 3:05pm. Please be patient with your child(ren) as the trainer individually talks with the parent after a session.
- If you decide to stay during the session: we may have other training sessions, group fitness classes, or **yoga classes going on at the same time as your sessions**; therefore, we thank you in advance for following these studio requirements:
  - Please refrain from talking on your cell phone.
  - No eating in the foyer.
  - Siblings should be quiet and stay in the waiting area near you

Cancel online on our scheduling system: [www.mindbodyonline.com](http://www.mindbodyonline.com). If you cancel 24 hours before your appointment, there will not be a charge. If you cancel within 24 hours, your lesson will be deducted from your account.

### **Friends:**

We love meeting your child(rens)' friends! However, these sessions are **private**, so if a friend wants to join, please have their parents register online for a private session, as we need all parents to complete the required information.