

MIX POLICIES

MIX suggests taking class (or personal training) at a minimum of 3 times a week for complete fitness results to occur.

Workshops at MIX are not included in class packs or gift certificates.

To register for classes, workshops or to see an up-to-the-minute schedule, please visit our [MINDBODY ONLINE system](#). Create a profile to register for classes if you are new (If you are an existing client, your name will pop up from the database). All purchases will still take place at the reception desk.

Online reservations are required for all group classes. We recommend pulling up the scheduler before your class in case there are any last minute changes. MIX is not responsible for cancelled classes.

At MIX, we follow a 24 hr cancellation policy. If you do not cancel your reservation within 24 hrs, your class pack total will be affected (cancellations can be done online, or by contacting us via email).

There are no refunds, exchanges or holds on class packs/gift certificates.
Class packs/gift certificates are non-transferable between family and friends.

WHEN YOU VISIT US

- Please try to eat approximately 2 hrs before your class.
- All first time students will need to fill out a Release of Liability form before taking class.
- Please bring water, a towel and a mat. As of 1/1/12, mat rentals are \$1. We also sell these items in our boutique should you forget yours.
- Studio doors open at class start times. When waiting outside, please keep voices soft while others may be in their resting pose.
- Although we love children, please do not bring them to your class as there is no one to supervise them and watching from inside the studio is prohibited.
- Kindly enjoy your food, gum or beverages before you enter the studio.
- Limit the amount of lotions/oils on hands and refrain from excessive perfume due to the deep breathing necessary in your workouts.
- There are cubbies where you may place your shoes and belongings. Please do not hang anything on the ballet barre.
- Before you enter, please turn off all cell phones.
- These details will allow for a complete class experience. Namaste.

PERSONAL TRAINING DETAILS

At MIX, we work with students at whatever speed they need to go-whether it is slower for beginners or faster for the more advanced. We want to challenge our clients, but also positively motivate. Please contact for personal training schedule and genres.

Private dance lessons - 1 on 1

Private yoga - 1 on 1

Personal training - 1 on 1

Semi private lessons - groups up to 4 persons

*We kindly request holding your appointment with a credit card-All cancellations with less than 24 hrs notice will result in full charges. Late arrivals will result in a shortened appointment.

CORPORATE FITNESS

You can hire MIX for your corporate health programs! Please contact Lesa to inquire about adding Yoga, Dance or Fitness classes to your company. Healthy employees are happy employees! Implement regular classes at your corporation today.