

STUDIO ETIQUETTE

Welcome to Alkalign!

Optimize everyone's experience by reading—and following—these simple ground rules.

No experience required!

We think new clients will benefit from taking a Barre 101 class before attending the other class formats, but it is not a pre-requisite. Scheduling time for yourself is challenging enough. We say come when you can!

New clients: your instructor wants to meet you, give you a tour, and help you complete your registration, so please arrive 15 minutes before class begins.

Please wear comfortable yoga attire. We'll be able to help you find your Alkalign in clothing that isn't too loose or baggy. We promise it's not a fashion show.

Clean socks (with toes!) required for hygiene purposes. We sell grippy Alkalign socks for \$12, but any socks will do! All other equipment will be provided.

Class reservations highly recommended as many classes sell out. Those with reservations will get first priority.

Cancellation Policy: Please cancel at least an hour before your class is scheduled to begin. Those who do not will be charged the price of the class. Unlimited members will be charged a \$10 no-show fee.

Classes offer time to focus on you. To avoid disruption, students who arrive more than 5 minutes late will not be admitted.

No cell phones in the studio room during class. While you re-charge your mind, body and soul, your phone can recharge in our hallway charging stations.

Stay for the stretch! Your body needs it, your mind deserves it. Remember that the cool-down is just as important as the warm-up.

