



# The Movement Studio

## Welcome to The Movement Studio Private Gym Access

### **Guidelines:**

Sign up under the “schedule” tab on my website: [www.themovementstudio.net](http://www.themovementstudio.net)

Go to the “Private Gym Access” option and book your 2 one-hour sessions for each week. Please create a login on my site, as it will be easier for you to cancel or change the dates you are coming.

If there is no one on site when you come, there is a key in a lock box by the entry and you will be given the code once you join the gym.

Hours of operation are 9am to 6:30pm Monday- Friday with the exception of times marked off the schedule when classes are happening. (Check schedule for availability as class times may vary and Private Gym Access is not available when classes are taking place.)

### **Benefits of Joining the Gym:**

One free group class a month (Value \$40).

Discounts on Private sessions with Mary and Jessica.

Discounts on weekend workshops including TRE® and Educational workshops.

One Saturday a month, following my TRE® Class, between 11am-12pm, I will be available to assist you with your questions regarding your exercise plan or help with coaching and performance enhancement.

Join the Facebook group to get regular updates/tips and share suggestions and information.

\*A few notes about parking: The flow of traffic in/out of the lot can be tricky, so please when you come we suggest backing into a spot if at all possible. This way it is easier to slip out of here when the time comes.