



One Marginal Way- 2nd Floor
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Pure Movement Portland is a special place to relax feel comfortable and safe and enjoy a beautiful, grown-up environment. Our policy is to make your workouts as fun and productive as possible. We hope you enjoy your experiences here and ask your cooperation in observing a few basic policies. Thank you for your consideration – and for being part of our community!

- Please **Print your full name legibly on the sign-in sheet** at the front desk before each class.
- As a courtesy to our instructors and fellow students, **arrive on time** (or better yet, early) for classes, and inform the instructor if you must leave early. If you're more than 10 minutes late you will be unable to join the class.
- To make the most of our limited space and protect the floors, **do not bring street shoes, food, or drinks other than water into the class studios.** You may bring in water, a towel, and any other items needed for class. If you wear sneakers or dance shoes to class, please be sure the soles are clean before entering the studio.
- To maintain our peaceful environment, **turn off or silence your phone or pager** while you're here.
- All classes on our schedule are "first-come, first-served." If a class is full to capacity, you may be refused entry. For popular classes, arrive early to ensure your place, or call ahead. Workshops are first-come, first-served by paid registration.
- Pure Movement Portland is designed for adults; we do not have facilities or staff for childcare. For their own safety and the comfort of other members, **do not bring children to the studio.** Mature teenagers 15-17 are welcome to take classes at the discounted student rate, or private training may be arranged.
- Pure Movement Portland is not responsible for theft or valuables in the studio or parking lot.

Payment Terms

- By necessity, Pure Movement Portland enforces a strict cancellation policy for all private training appointments, and workshops. You must **cancel at least 12 hours in advance** of your private appointment or workshop start time. Late cancellations and no-shows cannot be credited.
- All class card, monthly memberships or payments and private training payments are **non-refundable** but are transferable.
- Class Cards have no expiration. Personal private training packages will expire **one year** from purchase.
- Family members in the same household may share a class card. The monthly memberships cannot be shared and will not be discounted for family members.
- We accept cash check, debit/ATM/check cards, Visa, MasterCard and American Express.

Wardrobe / Recommended attire

- Wear comfortable exercise wear that allows for a full range of movement and will keep the body warm during cool down exercises full length pants are recommended.
- Socks are mandatory for Barre due to the nature of the class, and recommended for Pilates (Mat and Apparatus), for Yoga bare feet are ideal. If you arrive for Barre class without socks you will need to purchase a pair.
- For CARDIOLATES® you may wear sneakers, socks, or just bare feet. Sneakers are recommended to new clients or for clients with any ankle or knee aggravation. We also have feminine products including those for bladder control, which may be needed for CARDIOLATES®.

Safety Concerns

- As per the waiver, you must let Pure Movement Portland know about pertinent health issues or anything you think may affect you work. If your condition changes including pregnancy, or minor falls, please let us know so that we can provide you the safest possible workout.
- Due to our ceiling the height limit for CARDIOLATES® is 5'11".