



**Question- Which classes do you currently run?**

Answer- We currently run 3 classes, of which 2 are yoga classes and 1 is a pilates class.

**Question- Where do the classes take place?**

Answer- At the Health Club at the Naval and Military Club, 7-9 Babmaes Street, SW1Y 6HD

**Question- What days and times are the classes?**

Answer- At present we have the following days and times: Yoga- Tuesday and Thursday 12pm to 1pm. Pilates- Wednesday 6pm to 7pm.

**Question- How many people are there in each class?**

Answer- We'll have no more than 4 people per class, but even if there's just 1 person the class will still go ahead.

**Question- How do I book in for my class?**

Answer- All bookings are to be made through [gym@nordicbalance.co.uk](mailto:gym@nordicbalance.co.uk), where you'll receive a confirmation email.

**Question- What do I do if I need to cancel my booking?**

Answer- All cancellations are to be done through [gym@nordicbalance.co.uk](mailto:gym@nordicbalance.co.uk). Please ensure you cancel outside 24 hours from the class time- any cancellations within 24 hours or no-shows will mean you'll no longer be able to book in advance for your sessions.

**Question- How much does each session cost?**

Answer- We have 2 options. 1. Buy a block of 10 for £200, which works out at £20 per session. 2. Pay-as-you-go, which costs £25 per session (and needs to be paid cash at the time). If you'd like to buy a block, we accept all major forms of payment and in return you'll get a session card, which will need to be stamped each time you attend the class.

**Question- How long do I have to use my sessions (if I bought a block of 10)?**

Answer- You've got 4 months from the date of purchase.

**Question- What do I do if I'd prefer a class at a different time to what you currently run?**

Answer- Let us know! If we've got enough interest for a different time we'll go ahead and set up another class.

**Question- Do you need any paperwork from me before I start?**

Answer- Yes, we need you to fill out a Physical Activity Readiness Questionnaire (PAR Q), which we will email to you before you start. Please fill this out beforehand and bring in to your first session.

**Question- What should I wear to my class?**

Answer- Comfortable gym clothing, with trainers for walking around the gym (although these aren't used in the class).

**Question- Can I still attend the class if I'm a beginner?**

Answer- The great thing about small classes is that our teachers can adapt their session to fit each person. Just take a few minutes beforehand to confirm your level, and she'll work accordingly.

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