

Welcome to Nia at Dance Underground, Seattle!

To ensure a safe, healthy, happy environment, we ask that you read and agree to the following guidelines.

Please initial each guideline and sign upon completion.

Program Updates: For important information regarding schedule changes, trainings, special events and other Nia Underground news, please visit www.nia-underground.com and click subscribe to be added to our email mailing list. In an effort to protect your privacy, your email will not be shared. _____

Punch Cards and Card Expiration: In order to keep pricing fair and affordable, the four-class punch card has a 2-month expiration date from the day of purchase, the eight-class punch card has a 3-month expiration date from the day of purchase, and an unlimited monthly card expires 1 month from date of purchase. *For example, an unlimited monthly card purchased on the 5th of the month, expires on the 4th of the following month and a new card must be purchased to attend class on the 5th.* Please be aware of your schedule before purchasing a punch card and please mark the expiration date on your calendar. Sorry, there are **no refunds or extensions**. _____

Hot towel service: Towels can be purchased at time of class or pre-purchased with your card. Prepaid towel service is only active for your current card. Towel service is non-transferable. _____

Arrival/Departure: If you know you are going to arrive late or leave early, please be discreet to ensure as little disruption to the class as possible. _____

Energy: The instructor is intending to raise energy levels and create a synergy amongst participants. If you are feeling tired, needing to stop/start frequently and/or need to do your own thing – please choose a spot in the back of the room. _____

Children: Children age five and under are **not** permitted in the studio space when class is in session. Older children must be able to sit quietly during class. We ask that all parents find a dance space on the right side of the studio in the event your child needs your attention. For liability reasons, please ensure that your child does not run out onto the dance floor at any point during the class. _____

Children in Class: We understand that every child is unique and if you feel that your child would benefit from participating, we welcome them. If you have a 4-class or 8-class punch card, you may use one of your “punches” for your child, pay a reduced drop-in fee of \$8.75, or purchase your child their own card. We require your child is at least seven years old to join the class. _____

Studio Temperature: All doors are opened or closed with the consent of the instructor. You are welcome to turn on the provided fans but please consult with your neighbor first.

Hygiene and Hydration: Nia is athletic. You will sweat. Please bring water and a towel. Be respectful of others and practice good hygiene. _____

Respecting your Neighbors: Nia is a community. If you feel crowded, choose a dance space in another part of the studio. Please be aware of the space 360 degrees around you.

Inappropriate behavior: We reserve the right to deny class participation for any reason we deem appropriate. _____

Thank you: It is a tremendous honor to bring Nia into your life and we are constantly filled with gratitude. Thank you for all of your support and sharing your joy of movement with us.

I have read and agreed to the above guidelines:

Please print your name

Signature

Date