



Thank you for considering our Functional Movement class! Below is some essential information to help you get acquainted:

Class Overview:

Embark on a transformative journey with our 12-week Functional Movement class, taking place every Friday at 11 am. Throughout the program, you'll experience a carefully curated progression of movements designed to challenge and refine your body's efficiency and effectiveness. By establishing a solid foundation and providing robust support, we aim to enhance your stability and bolster your confidence in both gym settings and everyday activities.

Investment:

- 12-week course package: \$480
- Drop-in class: \$50 (requires a prerequisite visit)

Drop-in Classes:

As the course unfolds, movements will evolve in complexity, each layer building upon the last. For those considering drop-in attendance or joining after the initial weeks (3 or more weeks post-start date), a preliminary solo session is mandatory. Ensuring mastery of foundational movements for all participants prior to class commencement allows for equitable attention from our instructors.

Attire:

Wear comfortable athletic attire conducive to a dynamic range of motion. We encourage non-restrictive clothing to facilitate seamless movement. While athletic shoes are optional, we recommend footwear that can be easily removed, as a significant portion of our exercises will be conducted barefoot. Any exceptions requiring footwear will be communicated a week in advance.

Attendance:

- Missing a single class won't hinder your progression; you're welcome to join the subsequent session.
- Classes won't be repeated, emphasizing the importance of keeping pace with the curriculum to avoid falling behind.
- If more than 2 classes are missed a solo session will also be required to get you up to speed.