

# Harmony

## FALL 2015 Registration

NAME \_\_\_\_\_ EMAIL \_\_\_\_\_  
ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_  
BIRTHDATE \_\_\_\_\_

### TO REGISTER FOR THE HARMONY STUDIO FALL 2015 SESSION:

1. Complete this form and check boxes below. 2. Read "Policies and Procedures FALL 2015 and initial below". 3. Circle the classes you are registering for on the calendar pages. 4. Include payment or complete credit card information. Please note: Credit card processing fees apply to each charge. 5. Sign and date the waiver. 6. Make a copy of your calendar for your records. 7. Sign up for a gmail account if you do not already have one and wish to participate in our on-line calendar for reservation changes. Get ready to train!!

### Please check next to what you are registering for:

<input type="checkbox"/> Harmony BASICALLY FIT PLAN up to 20 Sessions	\$399.	(\$499 after Aug. 1st)
<input type="checkbox"/> Harmony EXTREMELY FIT PLAN Unlimited	\$499.	(\$599 after Aug. 1st)
<input type="checkbox"/> Harmony 10 Yoga Only Classes	\$175.	
<input type="checkbox"/> Three 60 minute Massages*	\$150.	
<input type="checkbox"/> Three 90 minute Massages*	\$225.	
<input type="checkbox"/> Personal Training One-on-One 10 sessions	\$599.	
<input type="checkbox"/> Spinning Only (Saturdays - 9 classes)	\$199.	
<input type="checkbox"/> Nutrition / Fitness Private Consultation	\$ 75.	per session

Total Amount: \_\_\_\_\_

Enclosed is my check. Made payable to: Harmony.

Charge my credit card # \_\_\_\_\_ Exp. \_\_\_\_\_ (fees apply)

Payment Plan. Must provide credit card. Financing and processing fees apply. Three payments charged.

I have read and agree to the Policies and Procedures Fall 2015 at The Harmony Studio. \_\_\_\_\_ Initial

\*Note: Massage special is available M - F only. Expiration on massages: November 20, 2015. Massages are transferrable. No evening or weekend appointments available on this deal.

## Personal Training and Group Exercise

### Disclaimer of Liability

It is agreed and I the undersigned freely state that I have completely and honestly disclosed all physical, medical and mental impairment, which might limit my ability to participate in rigorous physical sports fitness training to my trainer. Further, I have been fully informed by my trainer that the sports fitness training which I have chosen to enroll in carries the risk of

injury and impairment including, but not limited to muscle, bone and joint injuries, as well as the small but real risk of heart attack.

I further say that I have informed my personal physician and have received his/her permission to begin this physical training.

I agree to and waive my legal rights which I, my assignees, or my family may have to seek damages or to sue or bring civil legal action against my trainer, his or her associates, and/or Harmony Massage and Bodywork for any and all injuries which I may incur via the physical training in which I have elected to participate. Further, I agree to hold my trainer and his or her associates and Harmony Massage and Bodywork harmless for all injuries I might incur. All risks incurred by this training are solely my own and I accept all responsibility for my well-being as purely my own.

I also agree that the terms of this total release of liability to be found unenforceable by the court, under that circumstance. I do hereby agree to binding arbitration for any legal actions by a panel of arbitrators in accordance with the rules of the American Arbitration Association, and its decision will be final and binding.

Agreed to on this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_ in the city of \_\_\_\_\_ and the state of \_\_\_\_\_ USA.

By \_\_\_\_\_  
Print name

\_\_\_\_\_  
Signature

Witnessed by \_\_\_\_\_

## SEPTEMBER 2015 The Harmony Studio Calendar Registration

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BREAK	2 BREAK	3 BREAK	4 BREAK	5 BREAK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 LABOR DAY	8 7:45am BodySculpt 4:00pm SuperFit	9 8:45am Spinning 9:30am Yoga & Chakra Balancing 5:30pm Hot Vinyasa Yoga	10 7:45am BodySculpt 4:00pm SuperFit 5:00pm SuperFit	11 7:30am Yoga	12 8:00am Spinning 9:00am Spinning 4:00pm Hot Vinyasa Yoga
14 7:45am Spinning 8:45am Spinning 9:30am Yoga 5:30pm SuperFit	15 7:45am BodySculpt 4:00pm SuperFit	16 8:45am Spinning 9:30am Yoga 5:30pm Hot Vinyasa Yoga	17 7:45am BodySculpt 4:00pm SuperFit 5:00pm SuperFit	18 7:30am Yoga	19 8:00am Spinning 9:00am Spinning 4:00pm Hot Vinyasa Yoga
21 7:45am Spinning 8:45am Spinning 9:30am Yoga 5:30pm SuperFit	22 7:45am BodySculpt 4:00pm SuperFit	23 8:45am Spinning 9:30am Yoga 5:30pm Hot Vinyasa Yoga	24 7:45am BodySculpt 4:00pm SuperFit 5:00pm SuperFit	25 7:30am Yoga	26 8:00am Spinning 9:00am Spinning 4:00pm Hot Vinyasa Yoga
28	29	30	Thursday 6 pm Yoga might be added back -end of October!!		

### Class Descriptions

**Spinning:** An amazing journey on the Spinning bike designed to strengthen your cardiovascular system, burn calories and give you awesome energy! Rides are 40 - 60 minutes.

**Yoga:** Enjoy a relaxing experience in this basic Yoga class designed to stretch and relax the body. A mix of Yoga poses, compression roller, anti-gravity Yoga and therapeutic Hot Rocks and aromatherapy. The temperature of the room is warm and pleasant, not hot.

**Hot Vinyasa Yoga:** A challenging fitness experience; a flowing format designed to challenge muscle endurance, strength and flexibility. The practice is done in a hot studio.

**BodySculpt:** A muscle toning class using weights, tubes, Yoga, plyo-metrics and more. No cardio.

**SuperFit:** A class designed for both cardiovascular conditioning and muscle toning fitness using HiiT formats (high intensity interval training)

**Chakra Balancing:** A 20 minute guided Chakra balancing meditation at the end of Yoga class. Designed to clear toxic energy and restore to a more balanced, positive, and healthy state.

**OCTOBER 2015**

**The Harmony Studio Calendar Registration**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 BREAK	2 BREAK	3 BREAK
5 7:45am Spinning 8:45am Spinning 9:30am Yoga 5:30pm SuperFit	6 7:45am BodySculpt 4:00pm SuperFit	7 8:45am Spinning 9:30am Yoga & Chakra Balancing 5:30pm Hot Vinyasa Yoga	8 7:45am BodySculpt 4:00pm SuperFit 5:00pm SuperFit	9 7:30am Yoga	10 8:00am Spinning 9:00am Spinning 4:00pm Hot Vinyasa Yoga
12 7:45am Spinning 8:45am Spinning 9:30am Yoga 5:30pm SuperFit	13 7:45am BodySculpt 4:00pm SuperFit	14 8:45am Spinning 9:30am Yoga 5:30pm Hot Vinyasa Yoga	15 7:45am BodySculpt 4:00pm SuperFit 5:00pm SuperFit	16 7:30am Yoga	17 8:00am Spinning 9:00am Spinning 4:00pm Hot Vinyasa Yoga
19 7:45am Spinning 8:45am Spinning 9:30am Yoga 5:30pm SuperFit	20 7:45am BodySculpt 4:00pm SuperFit	21 8:45am Spinning 9:30am Yoga 5:30pm Hot Vinyasa Yoga	22 7:45am BodySculpt 4:00pm SuperFit 5:00pm SuperFit 6:00pm Yoga	23 7:30am Yoga	24 8:00am Spinning 9:00am Spinning 4:00pm Hot Vinyasa Yoga
26 BREAK	27 BREAK	28 BREAK	29 BREAK	30 BREAK	31 BREAK

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 7:45am Spinning 8:45am Spinning 9:30am Yoga  TBA 5:30pm SuperFit possibly off	3 7:45am BodySculpt  4:00pm SuperFit	4 8:45am Spinning 9:30am Yoga & Chakra Balancing  5:30pm Hot Vinyasa Yoga	5 7:45am BodySculpt  4:00pm SuperFit 5:00pm SuperFit 6:00pm Yoga	6 7:30am Yoga	7 8:00am Spinning 9:00am Spinning  4:00pm Hot Vinyasa Yoga
9 7:45am Spinning 8:45am Spinning 9:30am Yoga  5:30pm SuperFit	10 7:45am BodySculpt  4:00pm SuperFit	11 8:45am Spinning 9:30am Yoga  5:30pm Hot Vinyasa Yoga	12 7:45am BodySculpt  4:00pm SuperFit 5:00pm SuperFit 6:00pm Yoga	13 7:30am Yoga	14 8:00am Spinning 9:00am Spinning  4:00pm Hot Vinyasa Yoga
16 7:45am Spinning 8:45am Spinning 9:30am Yoga  5:30pm SuperFit	17 7:45am BodySculpt  4:00pm SuperFit	18 8:45am Spinning 9:30am Yoga  5:30pm Hot Vinyasa Yoga	19 7:45am BodySculpt  4:00pm SuperFit 5:00pm SuperFit 6:00pm Yoga	20 7:30am Yoga	21 8:00am Spinning 9:00am Spinning  4:00pm Hot Vinyasa Yoga
23  <b>BREAK</b>	24  <b>BREAK</b>	25  <b>BREAK</b>	26  <b>Happy Thanksgiving!</b>	27  <b>BREAK</b>	28  <b>BREAK</b>
30					

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# REGISTRATION

## POLICIES AND PROCEDURES

### FALL 2015 Training Program

#### 1. Harmony will take 35 people into the Personalized Workout Plan & Training Programs

Be ready to train super hard! Our classes will still be small with 6 - 8 per class. We are committed to privacy and quality of service! Your results equals our success!

#### 2. Harmony only registration

This registration policy and procedures is for training with Harmony and the classes taught by trainer, Ann Hobbs.

#### 3. Basically Fit Plan 20 sessions \$399 (\$499 after AUGUST 1, 2015)

You choose which days and times you will attend your sessions. Our online calendar makes it easy for you to move your appointments if needed. If you need to reschedule an appointment, please email or text Ann Hobbs. Choose Spinning, Yoga, Hot Vinyasa Yoga, SuperFit and Body Sculpt. Only classes with Ann Hobbs are included in this plan.

#### 4. Extremely Fit Plan Unlimited training Monday - Saturday \$499 (\$599 after August 1, 2015)

This is a great way to step up your training and get in the best shape! The value of this Unlimited Plan is awesome, no matter how you look at it! This is a terrific deal!

If you attend 3 classes a week: Value: \$540.

If you attend 4 classes a week: Value: \$720.

If you attend 5 classes a week: Value: \$900.

If you attend 6 classes a week: Value: \$1080.

You can choose from Spinning, SuperFit, Yoga, Hot Vinyasa Yoga and BodySculpt classes and even attend two workouts a day if you want! This plan is only good for classes with Ann Hobbs.

#### 5. Class size is limited

Spinning is limited to six people. SuperFit is limited to 8 women. Yoga is limited to 12 people. Please honor your reservations. If you can't make your scheduled class, please let me know! (810)730-0962; Harmonygrandblanc@gmail.com

#### 6. YOGA at Harmony

Harmony accepts drop-in appointments for Yoga on the following days/times: Thursday nights 6:00 pm; Monday, Wednesday 9:30 am ; Friday mornings 7:30am; Thursday nights 6:00 pm and Saturday's 4:00 pm. This means that a single session may be purchased for \$20. Prior to anyone taking classes, a mandatory health/fitness assessment is required. The fee is \$20 for a 30 minute private appointment. All appointments should be scheduled with Ann Hobbs (810)730-0962. NO drop-ins are available for Spinning, BodySculpt or SuperFit. You must be enrolled in one of our Personalized Workout Plans in order to schedule SuperFit, BodySculpt or Spinning workouts. Yoga is a great class to bring a guest into the studio.

#### 7. 10 - Sessions of Spinning

Spinning can be purchased in 9 session packages. These reservations are final. There are no credits or make- ups if you cant make your class. No exceptions. No payment plan. Call to schedule a private registration consultation if you have any specific questions or concerns.

#### 8. Spinning Cancellations

If you are in the Personalized Workout Plan and have purchased at least 20 sessions, you are able to move your spinning reservation without penalty. Please let us know 24 hr in advance if you can't make your reservation so someone else can reserve the bike. Please do not NO SHOW your Spinning reservations.

#### 9. Payment Plans

Payment plans are available. The first payment is run at the time of signing up. The remaining two payments are scheduled every 30 days. 13% additional fees apply. Full payment is expected regardless of participation. No credits or refunds. Must provide credit card on file.

#### 10. Please be on time to your workouts.

We have limited time together and every second counts!

### 11. Please carry your workout shoes into the studio

With the cold/wet weather upon us, it is very important that you take your shoes off at the door to avoid slipping during the workout. Please bring your workout shoes with you.

### 12. Heart rate monitors are mandatory for training at Harmony

Please purchase a Polar Heart Rate Monitor or Fitbit to use for your training in Spinning and SuperFit. Monitors do not need to be worn for Yoga or Body Sculpt.

### 13. Weather related (and other) closings

When Grand Blanc Schools are closed, Harmony is closed, as well. You will also receive a text message and an email from the Harmony calendar to let you know of the cancellation. Phone calls are not made for these cancellations, as there are too many people to contact. No make-ups or credits are offered for these cancellations. You will need to find another class on the schedule to come to for your credit if you are in the 20-session plan. NO credits are taken into the next season and no additional classes will be added to the calendar. If you are in the Unlimited Plan and this kind of cancellation happens, another class will not be added to the calendar and no credit is given towards the next season. Please read #4 for a detailed explanation of the actual value of this plan.

### 14. Trainer related cancellations

We will do everything in our power to make sure we are there for you. In the event we cancel, please find another workout on our schedule within the current season. There are no credits added to the next season, and we can't guarantee another workout will be added to the current season calendar.

### 15. Medical Leave

If you have a medical related issue and cannot resume your training within the season you have signed up for, you will be issued a Harmony credit to be used in another season. Elective, cosmetic surgeries will not be considered for credit. Only reasons for unexpected, medical conditions that prevent you from training will be credited. A Doctor's note is required. There are no refunds, only credit given in this instance. Medical credit can only be used for fitness training services and may not be applied towards any other service at Harmony.

### 16. Harmony will confirm your reservations

You will receive an email confirmation on the reservations you made. It will be up to you to confirm or cancel your reservation. Please let us know if you can't make your class either by going on the calendar and removing your reservation, email: harmonygrandblanc@gmail.com, or text: Ann 810-730-0962. PLEASE DO NOT VERBALIZE YOUR SCHEDULE CHANGES.

### 17. Water Bottles, Yoga Mats and Towels

Please bring with you to your workouts. Please do not fill water bottles from our water dispenser as it is not sanitary. Water and other beverages are sold in the reception area. It is the "honor system" with a jar for payment. There is a cubby storage unit in the main studio for daily or seasonal storage of your mats, rollers, and other equipment. Please provide a personal tub with your name on it if you wish to store items for a season.

### 18. Cell Phone's OFF in the Harmony Studio

Please. If you have to make a phone call, feel free to go outside the studio. Otherwise, please silence your phone prior to entering. It is very distracting to others to have cell phones used in session.

### 19. Changes to your current medical condition

During the course of your training during this season, if anything changes with your current health condition, it is required that you report these changes to Ann Hobbs immediately. If you experience dizziness, pain in the joints or muscles, rapid heart rate, light headedness or any other discomfort in class, please inform your trainer immediately. DO NOT CONTINUE ON WITH THE WORKOUT.

### 20. Personalized Workout Plan -20 session and Unlimited w/Ann Hobbs;

There are no refunds or credits regardless of your attendance. Unless for medical reasons and a doctor's note, you can't continue, no other circumstances warrant credit. NO REFUNDS for medical reason, only credit issued for training to start when appropriate. This registration can't be put on hold and transferred into the next season. This registration can't be transferred to any other services at Harmony. This registration can't be transferred to another person. Credit can not be applied towards massage services or any other services or products at Harmony. Sorry, no exceptions.

### 21. Harmony is your refuge.

Be true to yourself. Be yourself. Retreat into your own self, or share with others. Nothing is expected. Thank you for taking responsibility for the energy you bring into Harmony. The contribution you make by just being yourself is a gift.

## 22. Parking

There is plenty of parking both in the front and back of the building. Please DO NOT park right in front of the door. It is important to create a walk space; the space is not marked.