

HARMONY

Winter 2015-2016 Registration

NAME _____
ADDRESS _____

EMAIL _____
PHONE _____
BIRTHDATE _____

TO REGISTER FOR THE HARMONY STUDIO WINTER SESSION:

1. Complete this form and check boxes below. 2. Read "Policies and Procedures WINTER 2015-2016 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 Nov. 1st)
<input type="checkbox"/> Harmony EXTREMELY FIT PLAN Unlimited*	\$499.	(\$599 after Nov. 1st)
<input type="checkbox"/> Yoga only-any 20 Classes	\$199.	
<input type="checkbox"/> Yoga only-any 15 Classes	\$165.	
<input type="checkbox"/> Yoga only-any 10 Classes	\$120.	
<input type="checkbox"/> Three 60 minute Massages*	\$150.	
<input type="checkbox"/> Three 90 minute Massages*	\$225.	
<input type="checkbox"/> Four Cupping Treatments	\$100.	
<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

*Extremely Fit Plan does not include Hot Vinyasa Classes w/Courtney. Pay \$5 drop-in rate to add on.

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: three months from date of purchase. 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 _____

DECEMBER 2015 The Harmony Studio Calendar Registration

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7:30am Ashtanga Yoga 8:30am BodySculpt	2 8:45am Spinning 9:30am SpaYoga 5:30pm SuperFit 6:30pm HotVinyasa Yoga	3 7:30am Ashtanga Yoga 8:30am BodySculpt	4 7:30am Ashtanga Yoga	5 7:15am Ashtanga Yoga 8:30am Spinning 9:30am Spinning

7 7:30am Spinning 8:30am Spinning 9:30am SpaYoga 5:30pm SuperFit 6:30pm HotVinyasa Yoga	8 7:30am Ashtanga Yoga 8:30am BodySculpt	9 8:45am Spinning 9:30am SpaYoga 5:30pm SuperFit 6:30pm HotVinyasa Yoga	10 7:30am Ashtanga Yoga 8:30am BodySculpt	11 7:30am Ashtanga Yoga	12 7:15am Hot Vinyasa Yoga 8:30am Spinning 9:30am Spinning
14 7:30am Spinning 8:30am Spinning 9:30am SpaYoga 5:30pm SuperFit 6:30pm HotVinyasa Yoga	15 7:30am Ashtanga Yoga 8:30am BodySculpt	16 8:45am Spinning 9:30am SpaYoga 5:30pm SuperFit 6:30pm HotVinyasa Yoga	17 7:30am Ashtanga Yoga 8:30am BodySculpt	18 7:30am Ashtanga Yoga	19 7:15am Ashtanga Yoga 8:30am Spinning 9:30am Spinning
21 7:30am Spinning 8:30am Spinning 9:30am SpaYoga 5:30pm SuperFit 6:30pm HotVinyasa Yoga	22	23	24	25 Merry Christmas!!	26
28	29	30			

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.

SpaYoga: 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. Introductio to Ashtanga Yoga is given.

Ashtanga Yoga: A fitness experience; a flowing format designed to challenge muscle endurance, strength and flexibility. This practice is always the same format so you know what to expect and can experience a moving meditation experience.

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)

Hot Vinyasa Yoga: This is an intense fitness experience combining yoga poses in a flowing sequence that is designed to challenge you from the inside out! If you are in the Harmony plan, add-on fee \$5 to take this class.

JANUARY 2016

The Harmony Studio Calendar Registration

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Happy New Year 2016!	1 BREAK	2 BREAK

4 7:30am Spinning 8:30am Spinning 9:30am SpaYoga 5:30pm SuperFit 6:30pm HotVinyasa Yoga	5 7:30am Ashtanga Yoga 8:30am BodySculpt	6 8:45am Spinning 9:30am SpaYoga 5:30pm SuperFit 6:30pm HotVinyasa Yoga	7 7:30am Ashtanga Yoga 8:30am BodySculpt	8 7:30am Ashtanga Yoga	9 7:15am Hot Vinyasa Yoga 8:30am Spinning 9:30am Spinning
11 7:30am Spinning 8:30am Spinning 9:30am SpaYoga 5:30pm SuperFit 6:30pm HotVinyasa Yoga	12 7:30am Ashtanga Yoga 8:30am BodySculpt	13 8:45am Spinning 9:30am SpaYoga 5:30pm SuperFit 6:30pm HotVinyasa Yoga	14 7:30am Ashtanga Yoga 8:30am BodySculpt	15 7:30am Ashtanga Yoga	16 7:15am Ashtanga Yoga 8:30am Spinning 9:30am Spinning
18 7:30am Spinning 8:30am Spinning 9:30am SpaYoga 5:30pm SuperFit 6:30pm HotVinyasa Yoga	19 7:30am Ashtanga Yoga 8:30am BodySculpt	20 8:45am Spinning 9:30am SpaYoga 5:30pm SuperFit 6:30pm HotVinyasa Yoga	21 7:30am Ashtanga Yoga 8:30am BodySculpt	22 7:30am Ashtanga Yoga	23 7:15am Hot Vinyasa Yoga 8:30am Spinning 9:30am Spinning
25 BREAK	26 BREAK	27 BREAK	28 BREAK	29 BREAK	30 BREAK
31					

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FEBRUARY 2016 The Harmony Studio Calendar Registration

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 7:30am Spinning 8:30am Spinning 9:30am SpaYoga 5:30pm SuperFit 6:30pm HotVinyasa Yoga	2 7:30am Ashtanga Yoga 8:30am BodySculpt	3 8:45am Spinning 9:30am SpaYoga 5:30pm SuperFit 6:30pm HotVinyasa Yoga	4 7:30am Ashtanga Yoga 8:30am BodySculpt	5 7:30am Ashtanga Yoga	6 7:15am Hot Vinyasa Yoga 8:30am Spinning 9:30am Spinning
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22 BREAK	23 BREAK	24 BREAK	25 BREAK	26 BREAK	27 BREAK
29 BREAK					

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REGISTRATION

POLICIES AND PROCEDURES

WINTER 2015 -2016 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 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 NOVEMBER 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 BodySculpt. Only classes with Ann Hobbs are included in this plan.

4. Extremely Fit Plan Unlimited training Monday - Saturday \$499 (\$599 after NOVEMBER 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: Monday, Wednesday 9:30 am and 6:30 pm; Tuesday, Thursday and Friday mornings 7:30am; and Saturday's 7:15 am. This means that a single session may be purchased for \$18. 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. HOT VINYASA YOGA

Hot Vinyasa is taught by Courtney Emerick. Yoga packages maybe be purchased and this would allow you to take any Yoga class on the schedule - with Ann Hobbs and Courtney Emerick. If you are in the Harmony Unlimited Plan and wish to take Hot Vinyasa with Courtney, there is an additional \$5 fee to take the class.

8. 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.

9. 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.

10. 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.

11. Please be on time to your workouts.

We have limited time together and every second counts!

12. 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.

13. 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.

14. 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.

15. 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.

16. 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.

17. 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.

18. 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.

19. 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.

20. 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.

21. 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.

22. 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.