



## **Frequently Asked Questions About Fitness Classes**

### **What's the difference between the Zumba® classes and the Sentao and Toning class?**

Sentao and Toning incorporate a chair and/or toning sticks (equipment provided by studio) to work different muscle groups while we dance. You don't need experience with a regular Zumba® Class before trying either of these classes.

### **What should I wear?**

Comfort is the key!

- Nia – is traditionally barefoot, and yoga wear is usually worn
- DanceFit – runners, dance sneakers, flats, or heels. Some participants like to dress up more for this class. If you feel good and can freely move, that is the key
- Zumba® - workout clothes, supportive indoor runners

### **How big are the classes?**

We require a minimum of **3** people to run a class.

Our maximum number of students in one class is **20** people generally.

Each class and time of day varies.

### **What is the difference between a punch card and unlimited pass? Can you switch from one option to the other?**

The main difference is the unlimited pass allows you to attend as many fitness classes as possible within a month period (the same goes for a two month unlimited pass). The punch card is a good option for people that aren't able to attend as often (average 1 time a week)

Yes, the money on account can be transferred from one option to the other option.

### **Is there an expiry on classes?**

We offer 6 months for 10 classes as a guideline. If unforeseen circumstances like medical, out of country, etc. come up, then classes can be extended.

Unlimited monthly passes do expire once the 30 days are over.