



FAQs for AIM Dance Fitness Classes

When is the Best Time to Arrive and What to Bring?

It's a good idea to arrive 10 minutes early if registering for the class at reception. Bring any valuables in the studio with you or leave in your car. We can't be responsible for lost items. The time between classes is busy so we appreciate everyone's patience when preparing for your classes. Bring your own yoga mat, towel, and fill up your reusable water bottle at one of our water stations.

What Do you Wear to AIM Dance Fitness Classes?

That depends on which class you're attending. Feel Good while you move to the music. The Zumba, Zumba Toning, Socacize and BollyX classes may include high impact moves. Supportive indoor, non-marking running shoes are suggested. Zumba wear or workout attire is best. For the Line Dance and Dancefit classes participants can choose from a runner, casual slip on or high heels. Dressy casual and comfortable attire is suggested. Nia and Yoga are traditionally barefoot however people can wear socks if preferred and yoga or workout wear so that you can move freely. Layers may be a good idea since we try to keep the studio cool for dancers.

Is Registration in Advance Required and How Big are the Classes?

Yes, all participants are asked to register via email, FB messenger or call to reserve your classes. The schedule is open up to two weeks in advance from the time of booking. This helps ensure enough room for everyone. Same day booking is fine. The minimum number of participants is 3 to run the class. Most classes have anywhere from 5 to 20 participants. Classes will vary in group size based on time and day.

Punch Card or Monthly Pass? What's the Difference? Is there an Expiry?

The punch card is for people that may only attend an average of 1-2 classes per week. After a 10 class pass is completed, receive \$10 off of the next purchase. The 1 month, 2 month or 6 month pass is a better value per class if you plan to join 3 or more classes per week. The 5 class pass is for anyone coming to AIM Dance for the first time and generally is a one time purchase before deciding which option to take. There is an expiry of up to 6 months on punch cards and passes. If for health reasons a participant is unable to attend, we will honor any classes on account until you're able to return.