

Introduction

Welcome to Studio Suz! We are a boutique-style health and wellness studio offering small group and private Pilates lessons. In addition, Health Coaching, Christian Yoga, Body Rolling, and Hypnosis are available. Our studio was created with love and care and we hope you enjoy your time with us. The studio policies are listed below and we ask that you **print, sign and return prior to or at your first session.**

What To Expect at the Studio

The studio space is set up with three separate stations to allow for maximum distance between students. Each station is set up with access to a Peak Pilates Stick, Peak Pilates Wunda Chair, a half barrel, mat, and various props. A Peak Pilates reformer is available during private lessons and in circuit sessions. We use high quality essential oils in the space for air purification and health purposes. If you have a sensitivity to oil or aromas, please let us know **before your first session.** Our cleaning supplies are non-toxic and essential-oil based. Generally, we will have soft music playing in the background. The room is equipped with a separate heating and a/c system, which generally will be running at a very moderate temperature (neither very warm or cold). A studio designed air filter will be running at all times.

The studio space also houses two health and wellness therapies. **The Ceragem Therapy Bed and a Miko Foot Massager**

The Ceragem Therapy Bed is an amazing combination of Western medical practices, advanced production technologies and techniques of Oriental medicine. The Ceragem massage bed is designed for daily care of the spine to restore its natural curves and for healing the body as a whole. Sessions on the bed promote recovery of the spine: traction happens gently, in complete relaxation, in full accordance with the natural curves of the spine. Heating with long-wave Infrared heat enhances the overall therapeutic effect; we combine our sessions with the use of a Bio Mat (a tourmaline and amethyst infrared heated mat) to boost the relaxation and healing power of the session.

The Miko Foot Massager is a superior reflexology tool that improves circulation, blood flow, plantar fasciitis, neuropathy and aids in relaxation. The massager can be adjusted to add heat and offers a range of increased/decreased intensity based on individual needs. Reflexology is a holistic energy-based modality, working through the energies of the nervous, electrical, chemical and magnetic systems of the body. The contact and reflex points on the foot resemble the human body, therefore using the Miko Massager stimulates and promotes healing in the major systems.

Both therapies can be purchased as stand-alone sessions before or after your class or lesson time when space is available; pricing is attached. Private lesson and group class clients are entitled to a free monthly session on either therapy.

Nod to meditation garden.

Studio Policies Continued

Lessons and Classes

All private lessons and classes are 50-minutes unless otherwise noted. Thirty-minute private lessons are available upon request. Lessons and classes are available in-person and virtual. Pricing is available on our website and attached for your reference.

Arrival

We ask that you arrive approximately 5-minutes before your lesson time, in order to allow client transitions to go smoothly. If you happen to arrive earlier, feel free to walk to the back of the property and enjoy the meditation garden. We have a “shoe basket” for you to leave your shoes at the door before entering the studio. Our goal is to start and end sessions on time. If you are running late, please text me on (301) 412-7081.

Parking

Look for the gray house with purple shutters, on the right-hand side. Pull into the driveway. There are three designated spaces to park, two in front of garage, and one to the left of the garage. The studio is above the garage. Come to the front door and either knock or ring the bell—Quilly the dog will likely greet you!

Meditation Garden

A labyrinth is an ancient symbol of wholeness. The imagery of the circle and spiral combine into a meandering but purposeful journey. It represents a journey or path to our own center and back into the world. Labyrinths have long been used as a meditation and prayer tool. My husband created, installed, and maintains this garden; there are benches along the way to enjoy and purposeful reflective thoughts planted in the paths surrounding the labyrinth. This meditation garden is here for you and the community to enjoy. We hope it adds to your sessions and experience.

Studio Policies Continued

Protocols and Belongings

We ask that you:

- Bring socks/footies to wear during your lessons and therapies. If you do not have them, we carry them in stock for a nominal charge.
- If you have long hair, please secure it in a **soft** pony tail ring (no clips) for safety on the equipment.
- Remove jewelry that could damage the equipment or cause a safety issue (long chains, bracelets, dangling earrings.)
- Wear minimal make up, as it can stain the equipment. No make-up is better.
- The studio is a no-cell zone; please lock up your phone in your car unless you are expecting an emergency call.
- Please limit personal belongings to keys and a small spill-proof water bottle.

Payment

Group classes and private lessons will be scheduled monthly. All payments will be due at the beginning of the month, you will receive a link (at the end of the month) and can pay for your sessions online. Because we have a waiting list, sessions must be paid for in advance to hold your class or lesson slot.

Make-Up Policy

We always feel bad when you miss a session—we look forward to seeing you! If you have an emergency and miss your scheduled class or lesson, you will have make-up opportunities! We request at least 48-hours of notice of cancellation. Please send an email to: suz@suzspangler.com to submit a cancellation. If you miss a regularly scheduled session, you have the following options:

Group Class Cancellations

1. Request a make up in another class (while this is not guaranteed, a slot may open up.) To request a make-up class, send an email to: suz@suzspangler.com
2. If you are unable to make up a class, you can request a one-hour therapy session (On the Ceragem massage bed and Miko Foot massage).
3. If you are unable to make up a missed class, you are invited to attend the monthly Pilates Mat class online. Online classes are the last Tuesday of each month. To request a make-up class, send an email to: suz@suzspangler.com

Studio Policies Continued

Private Lesson Cancellations

1. Inquire about open slots, during the same week. While this is not guaranteed, often, we can accommodate a make-up lesson if you are flexible on the time/day.
2. Request a 30-minute virtual lesson, within the same month. You will receive a zoom link prior to the session and we will meet online! This is a great way to review the Pilates fundamentals and incorporate the Pilates Mat work into your fitness routine.
3. If you are unable to make up a class, you can request a one-hour therapy session (On the Ceragem massage bed and Miko Foot massage).

Under the Weather?

Of course, if you are not feeling well and have any new symptoms, we don't want you to come to the studio. In fact, we want to be super cautious and ethical about exposing other students to COVID, viruses, flus, etc. If you have traveled out of the area (by train, plane, boat, etc.) or been in a large gathering (wedding, graduation, etc.) we ask that come to your lesson/class wearing a mask for 5-10 days after (depending on symptoms). While we recognize that this is a sacrifice, **we must insist**. Masks will be provided if you do not come to the studio with one.

Payment and Pricing

Service	Description	Cost
Duet Lessons	Two students share a lesson.	\$45 each
Trio Classes	Three students share a class.	\$27.50-40.00*
Private Lessons	Single lesson, 50 minutes.	Single \$75 Packages available.
Private Lessons	Single lesson, 30 minutes.	Single, \$40 Packages available.
Therapy 40	40-minute therapy session, 18-minutes Ceragem Bed and 20-minute foot massage.	\$30
Therapy 60	60-minute therapy session, 36-minute Ceragem Bed and 20-minute foot massage.	\$45

***trio class rates: 1-3 classes, \$35.00 each, 4-8 classes \$30.00 each, 9 or more \$27.50 each.**

A portion of all payments will be donated to local charity. We have our favorites, but would love to learn more about yours; each December we will invite your input and rotate selections.