



Kid's Policy

The classes are predominantly geared towards adults, however, kids are also welcome, and encouraged to participate. Take into consideration that the music can be loud, and that the music can sometimes also be suggestive. (The instructors try their best to keep it clean) Therefore, it may be best to try the classes first for yourself, to make sure that the classes are a right fit for your child!

- Parents and children must check-in at the front desk upon arrival.
- All children **under the age of 12** are required to be accompanied by an adult or legal guardian at all times, and a parent or legal guardian must sign a waiver prior to their participation in a class.
- While in the studio, the child must be constantly monitored by parent or legal guardian whether they are participating in a class or simply waiting in the lobby.
- The child can remain in the main lobby or in the designated sitting area in the studio for the duration of the class. However whether in the studio or lobby we request that the child remain seated for the duration of the class.
- If the child is **under the age of 12** years old and is participating in the class, please position them within arms reach and on the outside perimeter of the room. Do not attempt to squeeze the child in the middle of a crowd.
- Earplugs are available at the front desk.
- Horseplay, screaming, and running around will not be tolerated. This type of behavior tends to disrupt the class and may lead to injuries. If the child is unable to remain seated and occupied for the duration of the class, they will be requested not to return.