

## **Group Exercise** -- *take your fitness to the next level*

Group exercise classes are a fun way to get fit with old and new friends! You can take classes when it's convenient for you. We offer a variety of classes each month. Once you find your groove, you can conveniently purchase a Group Fitness package that suits your needs, so you never miss your favorites!

### **What should I expect for my first class?**

- Be prepared to sweat and work hard!
- Bring a water bottle, sweat towel, clean athletic shoes, an extra layer of clothing and an exercise mat if you have one (class specific).
- Introduce yourself to the instructor and indicate if you are new to the studio or to the specific class format.
- Always let the instructor know if you have any physical limitations or restrictions.
- Always check with your physician before beginning a new exercise program.
- HAVE FUN, BE POSITIVE and SMILE! This is the most important part of the class!

### **Group Fitness Class Rates**

All class packages are month-to-month and you can cancel at any time. Valid for live streaming and in studio classes. Not a part of our Virtual Private Video library.

- Unlimited Class Package                    \$100.00
- 12 Class Package                            \$90.00
- 8 Class Package                              \$64.00
- 4 Class Package                              \$36.00
- Drop In Rate                                 \$10.00
- Special Events                                \$15.00
- Student 10 Class Package (expires within 3 months)    \$50.00

**Group Exercise Packages, excluding UNLIMITED, can be shared with spouses and children only. Group Exercise Packages CAN NOT be used for Events, Workshops, Group Training or Personal Training. No Refunds or Credits. Passes Non-Transferable.**

## **Virtual SOLE - What to Expect**

Real people. Real classes. SOLE Online offers you the classes you love, taught by the instructors you trust. We love to see YOU in class at the studio, but when that isn't possible, the next best thing is Online Classes!

**Here is a bit more information on SOLE's 2 options to workout with the instructors you trust!**

## **LIVE STREAMING CLASSES**

These classes are listed on our calendar. You register for these VIRTUAL classes with your regular group exercise passes. In this online format, the instructor can see you and you can see them. So, you are working out together with your SOLE family!

You will join us LIVE online. When you book your online class through Punch Pass, you will receive the ZOOM link in the class confirmation email. In addition, you will automatically receive a link to the class 20-30 minutes prior to the start time. If you sign up within the 30-minute window, you'll receive the link 2-3 minutes after you sign up. You will just need to click the link to join. You do not need a ZOOM account to attend.

If you are new to SOLE, please create an online account, you get your first 3 classes FREE AND you are also eligible to purchase the New Client Special, 8 classes for \$40!

# VIRTUAL PRIVATE CLASSES (like OnDemand)

When you sign up, your first 7 days are FREE! This gives you a great opportunity to check out the online platform, try out several instructors and explore our *amazing* SOLE community. We will continue to add 2-4 videos to the library weekly!

## HOW DO I START?

**At this time our platform is through SOCIAL MEDIA until the change has been made where you can access via our website with filters.**

1. Make sure you have created a login on our Punch Pass site.  
<https://solefitnessmn.punchpass.com/>
2. If you currently participate in one of our pass packages, email us for your discount code
3. Purchase your Virtual Package on Punch Pass – you will then receive an email from us with your private link (again at this time it is via social media aka Facebook)

**\*\* REMINDER THE VIRTUAL PLATFORM WILL CONTINUE TO EVOLVE, PLEASE BEAR WITH US. \*\***

## PRICING OPTIONS

- ✓ For unlimited group fitness package holders, your subscription is FREE. Enjoy!\*
- ✓ For all other recurring class package holders, your subscription is ONLY \$15/month for Unlimited Online Videos \*
- ✓ Personal and Group Training clients receive 30% OFF Monthly Online Membership. \*
- ✓ For non-recurring package holders, your subscription is ONLY \$40/month for Unlimited Online Videos

\*Email [solefitnessmn@gmail.com](mailto:solefitnessmn@gmail.com) for you discount code.

## Class Registration/Sign-Up

- Reserving your spot in a class is easy!
- Go to our custom link: <https://solefitnessschedule.punchpass.com/> and sign up for as many classes as you would like.
- We accept between 6-40 reservations per class, depending on class format.
- Your registration GUARANTEES you a spot in class. You may walk-in, but walk-ins are not guaranteed a spot, even if you arrive before someone that has a reservation.
- Making a reservation for a space in class holds you accountable to yourself and the instructor! Think of it as making an appointment for a fitness meeting with your body!
- Waitlist - If a class you would like to take is full, we highly recommend you put yourself on the waitlist.

## Class Reservation Cancellation Policy

- If you must cancel your reservation for a class, please do so at least 4 hours before class.
- If it is less than 2 hours before the class start time, your class pass will be charged.
- Class cancellations must be done directly on Punch Pass.
- Weekend class cancellations courtesies:
  - Please do your best to cancel before 8pm on Friday for all Saturday classes.
  - Please do your best to cancel before 8pm on Saturday for all Sunday classes.

## Class Cancellations

We want you to have the best experience possible at Sole Fitness, so we've established these class cancellation guidelines.

- If a class has less than 6 people registered, the class will be cancelled.
  - All registered participants will be notified via email.
  - Punch Pass will show the class as CANCELLED.
- All morning classes will cancel by 8:00pm the prior evening.
- All evening classes will be cancelled by 4:00pm if participation numbers are under 6.
- Please remember to watch your email or check the Punch Pass link before coming to a class!

## Additional Class Guidelines

- SOLE Fitness follows St. Michael/Albertville school district delays and closures based on road conditions and inclement weather. For weekends and “non-school” days, SOLE Fitness will use its best judgement based on current or predicted weather conditions. Please make sure to check social media and/or your email for any updates. When in doubt please call us.
- If we (Sole Fitness) must cancel a class due to instructor illness or other circumstance, it will be posted on social media, updated on Punch Pass and those that are registered will be notified via email.
- Age Policy & Children:
  - Children ages 7-14, may attend cardio based classes with their parent/guardian if they are not disruptive. Prior approval is required for strength classes based on format, age and body development to prevent injury.
  - Ages 15- 18 may attend class without their parent/guardian. All participants must have required waiver forms on file to participate.

If you have any questions or feedback, feel free to contact us:

### SOLE Fitness Contact Information

[solefitnessmn@gmail.com](mailto:solefitnessmn@gmail.com)

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