



WELCOME!

BARRE SOCIETY IS FOR ALL WOMEN

We don't believe in a one-size-fits all approach to exercise. Instead, we empower you to be intuitive with your body and modify movements accordingly to what your body needs. We believe movement should FEEL GOOD and bring you joy, allowing you to live your life with more confidence and without limitation. Our signature approach will strengthen and tone, boost your metabolism, help you lose weight, and transform your body into something you love, without the pain or impact that is associated with injury.

NEWS

We share all our studio news and updates via our Facebook VIP group, so be sure to join (it's free) at <https://www.facebook.com/groups/barresociety/>



BARRESOCIETY.COM.AU



@BARRESOCIETY



/BARRESOCIETY

BARRESOCIETY@GMAIL.COM
281A HARGREAVES ST BENDIGO

0418 637 432

BOOK YOUR CLASSES

Bookings are essential for all our mat and reformer classes. Once you have purchased your pass, you can book classes via the schedule on our website or download the free Mind Body app for super easy schedule management.

Please note our bookings policy for classes: we have a 9 hour cancellation window. You may cancel your place in a class up to 9 hours before start time and retain the class credit for future use.

If you do not cancel before the 9 hour cut off, you will forfeit the class credit. Bookings can be made and cancelled via the App or schedule on our website. Unfortunately we cannot accept bookings and cancellations via sms, email or social media.



CONTACT US

So we don't worry about you please contact your movement coach directly if you're unexpectedly unable to attend class:

Nerida	0418 637 432
Lauren	0499 177 070
Jessie	0438 814 427
Sonia	0428 179 671
Kathryn	0448 785 205
Kaz	0409 823 705

MINDBODY APP

We use the MINDBODY online booking system. All classes must be booked prior to coming to the studio. Book through our website barresociety.com.au or download the MINDBODY APP on your device by searching 'MINDBODY' in your APP store.

After downloading the APP, search for 'Barre Society', then 'view schedule' to see our timetable.

When you go to book your preferred class time - the system will prompt you to create an account with us, or log in if you already have one. Follow the prompts and you'll be guided into our payment options - where you will be able to purchase a pass that suits you best!

(New Clients - your Intro Offers will be available here).

COME TO THE STUDIO

Please arrive at least 15 minutes early for your first class so we can show you the studio, make sure you have water and grippy socks (you can bring your own or these are available to buy at the studio), and you can meet your movement coach and let them know if you have any injuries or health issues that will effect your practice. Wear clothes you can move and sweat in. Mats and props are provided and are complimentary.

ENJOY YOUR CLASS

Whether you are new to barre and pilates, or a seasoned practitioner, you are entering a new space. Have a beginner's mind. Listen to your movement coach and follow their instructions. If you are unsure, or something doesn't feel right, please let your teacher know.

DO: arrive in time for the warmup, stay in the room, rest whenever you need, modify movements to suit your body, let your teacher know if you have an injury, illness or are pregnant (we keep your personal details confidential).

DON'T: talk loudly in the studio room, bring mobile phones or glass into the studio, be late, leave early unless it is an emergency.

ASK QUESTIONS, GIVE FEEDBACK!

Our movement coaches love to chat after class, to answer any questions or just hear about your experience. We also love to hear from you on 0418 637 432 between 9am and 5pm Monday to Friday or email barresociety@gmail.com anytime (please allow 48hrs for a reply).

WHAT TO WEAR

Comfortable clothing that breathes well, preferably a little tighter for ease of movement and to ensure nothing gets caught in the reformer machines (think leggings and a tank). For safety and hygiene purposes we wear grippy socks in all classes (available to purchase in studio if needed).

HOW TO GET THE MOST OUT OF YOUR INTRO PASS

We have classes specifically for women new to our method dotted through out our schedule as "Barre Basics". We highly recommend you start with those classes if you are new to barre or mat pilates. Our Reformer Barre classes are suitable for all levels and are also a wonderful place to start.

Try as many different teachers as you can. You may find you enjoy a style of class you hadn't expected to, because you resonate with that teacher's style and personality. Try as many different classes as you can. Not sure about Barre Circuit? Just have a go. No idea what Yin is? That's OK, just try it. It's a taster – have a nibble at every thing on offer.

ALREADY DONE A CASUAL CLASS? CAN YOU STILL DO AN INTRO OFFER?

We would love you to do a taster of our other classes! Because our system isn't registering you as a new client, we need to put it through for you in the studio or over the phone. Please just show up 15 minutes before class or give us a call so we can organise that for you.

WHEN DOES MY PASS ACTIVATE?

Your pass activates on your first scheduled class visit.

PRIVATES 1:1

If you require a highly specialised program for any reason, we offer the one on one attention of a private class. Please note, these sessions take place in our beautiful studio, so you will have your instructor all to yourself,

ETTIQUETTE

- Arrive at least ten minutes before class (there is no late admittance)
- Check-in with your movement coach for all classes
- Be mindful of others trying to have a peaceful class
- No personal belongings in the studio rooms other than water and a towel (optional)
- No phones in the studio rooms unless you are an emergency services provider on call
- No glass water bottles
- Listen carefully to your movement coach's instructions
- You may lie down at any time to rest, but commit to staying in the room for the whole class
- Wipe down your mat and the surrounding space before you leave the studio
- Allow yourself at least five classes to become familiar with the movements

PREGNANCY

You can attend regular classes up until around 36 weeks (provided clearance from your GP), after which time we recommend you put your feet up and rest. We also offer a specialised pre-natal class Barre+Bump on our timetable. After delivery we help you regain core strength with our popular post-natal Barre+1 6-week course with other new mums (babies must be at least 6 weeks).

TERMS & CONDITIONS

Offers

Introductory Offer: 5 Classes for \$50 (valid for 14 days) is only available to brand new clients of Barre Society. You can only purchase the Introductory offer once. The Introductory Offer is non-refundable nor transferable and will activate from the date of your first class booking.

Student Offer: 20% off all class packs for full-time secondary school and/or tertiary students. To redeem offer you must contact the studio with valid proof of enrolment and/or a current student card. Excludes Privates. Offer is non-refundable, not exchangeable for cash, credit or other products, not to be used in conjunction with any other offer, and not transferable between clients.

Bookings, Attendance & Payment

- A minimum of two people are required for a class to proceed. You will be contacted via text, phone or email should a class be canceled. Please be aware classes are on a first come first serve basis. To avoid disappointment, classes can be booked up to 4 weeks in advance.
- If you have not booked into a class, in order to avoid disappointment, please call to check that the classes are taking place, particularly in the early morning and late evening. Studio phones are answered during business hours only.
- Bookings are made online or in the studio. Call your studio (if it is out of hours please leave a message and we will get back to you within 24hrs) or email: barresociety@gmail.com
- Payment must be made upon booking, no exceptions. To book into a class you must either have pre-purchased classes in your account or pay at the time of booking in the studio.
- Out of consideration for the instructor, other clients, and also for your own safety, the warm-up is an important aspect of each class. Please be aware that if you are more than 5 minutes late for a class, you may not be able to train.
- Owners and/or instructors reserve the right to restrict clients to a particular class type for safety reasons; and Owners and/or instructors reserve the right to turn clients away if they do not have the correct medical clearance.
- Classes are not transferable to another individual and CANNOT under any circumstances be used by another person. If someone other than the person booked into the class arrives to use the class, they will be turned away from the class – or asked to create an account and purchase their own classes.

Waitlists

If a class you particularly want is fully booked please sign up for the waiting list. Due to our 9hr cancellation policy there is movement in the classes. Should a place become available then you will receive either an email or text from us offering you a place in the class. You are under no obligation to take a wait listed offer, however, we do ask that you respond by notifying us if you can attend or not. If you cannot make it, your place will be offered to the next client. Failure to respond to the wait list offer may result in a lost class.

Cancellations

- Cancellations/Rescheduling classes need to be made more than 9 hours prior to your class beginning (morning or evenings). We understand sometimes unforeseeable circumstances can arise, but we have to be strict, fair and consistent with all clients across all studios, therefore, NO exceptions will be made. Late cancellations will incur a lost class.
- Our class sizes are small and can fill quickly. This is why our cancellation policy exists which all clients must be adhered to.
- Group classes: Cancellations need to be made more than 9 hours prior to your class beginning (morning or evenings). We understand that sometimes unforeseen circumstances can arise but we have to be strict, fair and consistent with all clients across all studios, therefore, NO exceptions will be made.
- Private classes: A 24hr cancellation policy applies. NO exceptions. Instructors and classes are subject to change without notice. Barre Society reserves the right to cancel classes if necessary.
- If you do not cancel or reschedule your class outside of the 9 hour time frame or are a no-show/absent from your class you will lose your class.

Weekly Direct Debits

- Weekly Direct Debits are valid for 1 week (7 days) and are activated on your chosen direct debit start date, automatically renewing every week. Weekly Direct Debits are non-refundable and are not transferable between individuals and CANNOT be extended unless you are injured, in which case we will request a medical certificate. Extensions due to medical reasons must be requested before the expiry date.
- Weekly Direct Debits can be canceled at any time at least 2 weeks before next weekly pay cycle via email to barresociety@gmail.com
- Payment will be automatically deducted from your nominated credit card each week (on your chosen day). If payment defaults you will be charged a default fee of \$14.90.
- Your agreement is scheduled for 6 weeks to allow you to book classes in advance. This will be paid in weekly installments, however, you may cancel at any time. After 6 weeks, your agreement will automatically renew for another 6 weeks.
- You may upgrade or downgrade your weekly membership at any time by providing email notification at least 1 week prior to next pay cycle via email to barresociety@gmail.com

Age Limits and Restrictions

Barre Society does not offer childcare services. You must be at least 16 years of age to attend our classes, with the exception of our Movement for Girls classes (10-16yrs). Unless permission granted prior to class, children younger than this age are not permitted in our studios and are not to be left in the reception area or the studio while you attend classes. You may be turned away from the studio should you arrive with your children as it is not a safe environment and can cause disruptions to other clients.

Refund Policy

All payments for classes, appointments, and workshops are non-refundable. In the case where a client is unable to attend a booking, an account credit may be provided at the Owner's discretion.