

THE PALAESTRA Adult Class Information:

What to expect:

Adult Gymnastics classes are for those over 18 years of age who want to participate in recreational gymnastics and want to get a workout in the process. Whether you are a beginner or expert, this class has something to offer you. During class, we will work on Trampoline and Tumbling skills and progressions while improving your spatial awareness, balance, core stability, endurance, strength, and flexibility.

Please see below for scheduling information:

Adult classes will be held on Mondays and Wednesdays from 6:30-7:30 pm.

Acuity Scheduling website/App. This scheduling software will allow you to schedule a class 24/7. <https://thepalaestrascheduling.as.me/>

**Restrictions include: schedule at least 24 hours in advance. Call/text/email if this does not work, or you need assistance.*

**The Palaestra "Rules and Policies" and "safety policies" apply.*

Please see below for pricing and payment schedule:

- Registration Fee (annual): \$45.00 - credit card on file (Visa, Master Card, Discover)
- 1 class: \$26.00 - credit card on file (Visa, Master Card, Discover)

**All fees and payment are required before attending class and will be charged to the credit card you place on file. Refunds and make-ups are not available at this time.*

Please see below for the payment options:

1. Credit Card on file (Visa, Master Card, Discover)
2. Punch cards (new punch cards are NOT available at this time).

Requirements to attend class:

All participants must have a *new*

- ["Enrollment and Release" form](#) and
- ["Credit Card Authorization" form](#)

signed before arriving at class (please see the Enrollment/Release and CC Auth form attached). This waiver can be signed and emailed back (Palaestrabounce@tx.rr.com) or dropped off at the gym *prior* to your class time. Your credit card will be charged before class.

Dress Code (required):

- Please be dressed and ready to go in athletic attire (No buttons or Zippers)
- Shoes that are easy to slip on and off
- One pair of clean socks (must be worn at all times)
- Mask/face covering (recommended)
- Long hair and bangs are to be secured tightly to the head
- Water bottle

Arrival/Departure

Please, Use the front door for entry and exit (the side door is for staff only). Make sure each participant or parent checks in at the front desk (located at the marble table) prior to the beginning of class.

Lobby

Please, Keep the lobby chairs socially distant. Seating is limited. Use the yellow cubbies to place belongings

Bring a water bottle with each participant. Participants will continue to bring their water bottle out on the floor with them during class.

Masks

The Palaestra will continue to try to keep everyone safe and healthy. **We strongly encourage masks for adults and children (ages 2 & up).**

Class Schedule:

- Rotation 1: 15 minutes (skills and progressions/warm-up)
- Rotation 2: 15 minutes (tumbling skill practice)
- Rotation 3: 15 minutes (trampoline skill practice)
- Cooldown: 10-15 minutes (conditioning and stretching)

After class, employees will begin disinfecting all mats immediately to get ready for the next class.