



## **FREQUENTLY ASKED QUESTIONS**

### **How long are the classes?**

**The classes are one hour long.**

### **What do I wear to class?**

**For Yoga Classes, wear shorts or footless tights and t shirt. Yoga is practiced in bare feet. Please refrain from eating two hours before class.**

**For Fitness Class, wear comfortable clothing and sneakers.**

### **What do I need to bring?**

**Body and Soul has all the equipment and/or props that you need. Just bring yourself.**

### **I am a beginner, what classes should I take?**

**For Yoga, any Level I class is appropriate. For Fitness, all classes are suitable for beginners except Classic Pilates II. Please inform your instructor that you are new to class.**

### **I am pregnant, what classes should I take?**

**All Level I Yoga classes are appropriate; just inform your instructor what week you are in, so they can give you alternative poses if needed.**

**For Fitness classes, inform your instructor so modifications can be made.**

### **Is there a membership fee?**

**No, Body and Soul offers various alternatives, 30 days and 90 days unlimited classes which expires after their time period, or a 10-class punch card with no expiration date. We also offer Drop-In rate for classes. Please see the Schedule Tab for more information. You can make these arrangements 5-10 minutes before class time.**

### **Are your teachers certified?**

**All Body and Soul instructors are certified in their field of teaching by national known organizations. Our teachers are encouraged to continue their education on an on-going basis.**