

## Our Studio



**Pilates at Play, LLC**, located at 515 State Ave NE, Olympia, WA 98501, is a co-operative of instructors offering Pilates Apparatus, Mat & Barre; Pole Dancing, Omnia, Buti and Aerial Yoga. Each also offers 2-hr PARTIES (reserve a Saturday date/time).

## PICK YOUR 2-HOUR PARTY\*

**POLE DANCING:** Using 7 commercial poles, learn a complete, multi-move routine in an atmosphere incorporating playful humor, soft lighting, surround sound, and guaranteed safety. Even the most inhibited are able to relax and have fun. Modifications for physical issues are provided as needed.

**AERIAL SLINGS:** Using bright and colorful silk hammocks suspended from the ceiling, Chelsea Gibson provides groups with aerial fun with a circus flair! Expect to experience release, stretching, movement, grace, and optional spinal decompression (inversion hanging).

**OMNIA YOGA:** Tribal, sexy, challenging and delicious; Tiffany Jolly dims the lights and takes you on a transformative journey into the universe and back; innovatively delivering a nectar squeezed from infused yoga and primal sensuality.

**BUTI YOGA:** Maggie Nuese provides party-goers with the BUTI experience. A visceral blast of sensations to a pounding beat; the yoga-infused, juicy exercise approach of BUTI p[romises to both challenge and refresh.

**PILATES:** Even Pilates has a wild child. Guests are invited to 2-hour experiencing the classical Apparatus, Mat, Swing-a-Lates, and Aerial Pilates. Parties are led by fully-certified Pilates instructors who put the “P” in Pilates At Play!

*\* Groups are welcome to bring party refreshments, including alcohol (21+ years), but you must check with your party instructor.*

## What to Wear and Bring?

Just wear something comfortable that you can move in. **AVOID LOTIONS.** Directly prior to your party, wash your hands, feet, and/or any skin surface that will be in contact with the poles or silk hammocks.

## Regular Class Offerings

All modalities offered at parties are included in the studio’s regular class schedule. Check with instructor of choice.

## Common Questions

1. I’m really out of shape. Will I be able to do this?

**Yes. Parties are about having fun. You will never be forced to do anything that feels compromising.**

2. My mom wants to come, but she has some knee issues. Will she be ok?

**We always provide modifications for issues as needed.**

3. I’m really shy. I don’t think I’ll be able to pole dance in front of others.

**You’ll relax! The more guests present, the more connected you all feel. Parties are playful.**

4. Are we going to learn any inversions or the kind of pole tricks you see on You Tube?

**Inversions are not allowed during Pole Parties. Take Cally’s pole classes to learn the cool tricks.**

5. What’s the age limit?

**18 and over. 17 and under require parental permission.**

6. What if I don’t want to participate? Can I just watch?

**Every party guest pays the admission fee whether participating or not, so might as well jump into the fun!**

7. Where do I park?

**Street parking is free after 5pm and on weekends. You can also park in the gravel lot just past our studio.**

8. Can we bring food and alcohol to our party?

**We provide a table and an ice bucket (but no ice). Alcohol (21+) by instr permission & at own risk.**

# Party Registration Form

Complete this form and return with credit card info securing your date/time to:  
Pilates at Play, 515 State Ave NE, Olympia, WA. 98501

## RETURNING PARTY REQUEST:

**(After confirming availability of date & time slot, you have 5 days to return official Pole Party Request Form)**

Scan & Attach to email <info@pilatesatplay.com> -OR- Mail -OR- Drop it by the studio\* any time.

\*(If studio is not open – just slip an envelope through the double front doors.)

## OUR PARTY DATE & TIME:

We wish to book a 2-hour party featuring (circle one): **Pole Dance Aerial Slings Omnia Buti Pilates**

We expect approx \_\_\_ladies (6 min / 24 max) @ \$30 +tx each (\$32.64 total) for the following date/time:

**PARTY DATE:** \_\_\_\_\_ **2-HR TIME:** \_\_\_\_\_:\_\_\_\_\_ to \_\_\_\_\_:\_\_\_\_\_

**HOSTESS:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

### ER ALERT to HOSTESS:

All forms necessary are in your **Party Request Pkt.** To legally allow groups the option of alcohol; parties are handled as a **“Rental of Space + Instructors.”** This places your party’s Hostess in charge of distributing & gathering guest’s **waivers + \$32.64** (cash or check).

Upon arrival or prior to party officially beginning, Hostess presents the sum of ALL waivers + payments IN FULL to staff.

Remember to include **Party Payment Sheet** listing attendee names and method of payment for cross-referencing purposes.

**For parties UNDER the minimum of 6 – participants can opt to split the minimum party fee of \$180 + tax.**

Parties are available to schedule on Saturdays in any 2-hr slot beginning @1:00 pm and ending @10:00 pm.

## Cancellation Policy

Cancel 8 days prior to scheduled party date = no charges.

Cancel 3 to 5 days in advance = **\$90** (+ tax).

Cancel 48 hrs or less in advance (or no shows) = Minimum Party Fee of **\$180** (+ tax).

**CANCELLATIONS MUST BE MADE BY CALLING: 360 352-3444** (Email cancellations NOT accepted.)

*I understand my responsibilities as Hostess and accept studio’s party cancellation policies outlined above.*

\_\_\_\_\_  
Hostess Signature

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Today’s Date

### Reserve your Party with Credit Card:

Your credit card information while verified, will only be processed in the event of a late cancel or no show.

Upon arrival to party, gather waivers + payments of \$32.64 each (**exact cash or check payable to PCO preferred**).

*I am providing the following CC information to reserve a party dateltime. I understand late cancel policies outlined above.*

Charge my VISA/MC # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp \_\_\_\_/\_\_\_\_ Security Code \_\_\_\_\_

\_\_\_\_\_  
Signature

Billing Zip Code: \_\_\_\_\_

*Is this a surprise party?*

Let us know. We have a trick up our sleeve!

Hostess: Please present all guest waivers + pmts in full upon arrival to your party.



### PILATES AT PLAY- WAIVER

NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 HOME PH: \_\_\_\_\_ CELL: \_\_\_\_\_  
 E-MAIL: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 EMERGENCY CONTACT: \_\_\_\_\_ PH: \_\_\_\_\_

**MEDICAL HISTORY:**

Injuries or surgeries? (Circle) Y N Mo/Yr \_\_\_\_\_ Explain: \_\_\_\_\_

In Are you self-moderating? \_\_\_ (check)

Conditions or concerns (Circle): KNEES NECK ELBOWS SHOULDERS HIPS HANDS FEET WRISTS ANKLES SCOLIOSIS ARTHRITIS  
HEART LUNGS ASTHMA ULCERS SCIATICA UPPER BACK MIDDLE BACK LOWER BACK PREGNANCY

Other: \_\_\_\_\_

How did you hear about us? Internet\_\_ Yelp\_\_ Drive / Walk By\_\_ Friend (who?) \_\_\_\_\_

This party is (circle): \_\_\_Bachelorette Birthday Girl's Night Out Retirement Other: \_\_\_\_\_

### Policy Statement and Client Responsibility Admission

**PAYMENT / CANCELLATION POLICY:**

I, the undersigned, understand that the hostess for this party has provided *credit card information reserving this party date* in addition to submitting a signed agreement abiding by *fees associated with cancellation policies*. I understand that this waiver must be completed and presented along with *payment of \$32.64 per guest*, participating or not in *EXACT CASH* or *CHECK payable to PCO*.

I agree to arrive *on time* unless late arrival has been pre-arranged (doors are locked when party begins). I understand our group can arrive up to 15 minutes in advance to set up refreshments (optional alcohol allowed for 21+ w/instructor approval). Studio provides a table and bucket for ice.

**Right of Refusal:** Our parties are intended to provide personal fulfillment and a fun, shared activity in a safe and comfortable environment. We reserve the right to refuse service to any individual behaving in a disruptive, unsafe or intimidating manner.

**LIABILITY RELEASE:**

I understand that I am learning a modality *at my own risk* and am responsible for my own well-being.  
I understand the liability involved with *alcohol as an allowable option* when renting the studio space and instructors for parties. If alcohol is included in our group's refreshments, *I agree to drink responsibly* and *can prove that I am of legal age*.  
I understand that *pole inversions are prohibited* during a party for reasons of liability.  
I understand that I must inform the instructor of *any limitations by stating such on the medical portion* of this waiver.

I accept the potential risk involved in attending this party and hold harmless Trisha Hatfield-Graves, Cally Baker, Heather Christopher, Tiffany Jolly, Chelsea Gibson, Maggie Nuese, as well as Pilates at Play, LLC, any and all instructors affiliated with Pilates at Play, LLC, from any liability resulting from personal injury incurred during parties or activities.

*I have read and understand the above. All statements are true.*

*I understand that all members of our group must pay the party fee whether participating or not.*  
\_\_\_\_\_ Initial

CLIENT SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

PARENTAL SIGNATURE (for guests 17 years and under) \_\_\_\_\_

DATE \_\_\_\_\_

**Hostess**

*Please collect from each guest both medical waiver + payment of \$32.64 (exact cash or check to PCO preferred).*

*Present waivers and pmts in full upon arrival to studio.*

*For our cross-referencing purposes, please write each guest's name + payment method on this form.*

NAME	AMT PAID	PAYMENT METHOD <b>(Circle)</b>	
	\$	CHECK	EXACT CASH
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	\$	CHECK	EXACT CASH
	\$	CHECK	EXACT CASH
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PARTY DATE: \_\_\_ / \_\_\_ / \_\_\_      TOTAL \$ \_\_\_\_\_

\_\_\_\_\_ **Hostess Signature**