

## Our Studio



**Pilates at Play, LLC**, is not only a Pilates studio offering Apparatus, Mat & Barre; it's a co-op of instructors providing Pole Dancing, Omnia, Buti, & Yoga Trapeze. Each also offers 2-hr PARTIES scheduled on Saturdays.

### 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.

**OMNIA YOGA:** Tribal, sexy, challenging and delicious; Tiffany 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:** Noel, Maggie, & Julia provide the BUTI experience; a visceral blast of sensations to a pounding beat. Buti is yoga-infused, juicy exercise that will challenge and refresh.

**YOGA TRAPEZE:** From silk hammocks suspended from the ceiling; Yoga Trapeze with Lori tests flexibility and strength, transporting you into a world of excitement, challenge, and delicious possibilities!

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

*\*Refreshments can include alcohol (21+) with instructor's permission.*

### What to Wear and Bring?

Wear something comfortable that you can move in.

### Regular Class Offerings

Party offerings are also included in the studio's regular class schedule. Visit [www.pilatesatplay.com](http://www.pilatesatplay.com) for current info.

### Common Questions

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

**Yes. Parties are about having fun. All levels of fitness are welcomed and accommodated.**

2. I have knee issues. Will I be ok?

**No worries. Modifications can be provided as needed.**

3. I want to schedule a pole party, but I'm shy, and don't think I'll be able to dance in front of others.

**Parties are designed to be playful. You'll relax! In fact, the more guests, the more connected you all feel.**

4. At a pole party, will we learn any inversions or tricks like you see on You Tube?

**Inversions are not allowed during Pole Parties. Come to regular pole classes to learn the tricks.**

5. What's the age limit?

**Under 18 requires parental permission.**

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

**Every guest pays the fee; whether participating or not.**

7. Where do I park?

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

8. Is alcohol always allowed for legal age party guests?

**Because of safety concerns related to type of activity, individual instructor permission is required for alcohol.**

# PARTY REGISTRATION FORM

**After confirming availability of date and time slot, you have 5 days to return this official Request Form**

Complete and return with credit card\* info securing your date/time to:

Pilates at Play, 515 State Ave NE, Olympia, WA. 98501

\*We verify, but do not process credit card unless your group is a Late Cancel or No Show.

## RETURNING YOUR PARTY REQUEST FORM:

Scan and attach to email\*.

\*For pole parties, email to: [poleparty@pilatesatplay.com](mailto:poleparty@pilatesatplay.com). For all other parties: [info@pilatesatplay.com](mailto:info@pilatesatplay.com)

You can also return by USPS mail -OR- drop it by the studio. If studio is closed – simply slip an envelope through the double front doors.

## PARTY DATE & TIME:

We wish to book a 2-hour party (circle one): Pole Dance Omnia Buti Yoga Trapeze Pilates

We expect approximately \_\_\_ guests (6 min / 24 max) @ \$30 +tx each (\$32.64 total:

PARTY DATE: \_\_\_\_\_

2-HR TIME: \_\_\_\_\_:\_\_\_\_\_ to \_\_\_\_\_:\_\_\_\_\_

HOSTESS NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

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

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

## IMPORTANT HOSTESS INFO:

All necessary forms are in this **Party Request Pkt.** To legally allow groups the option of alcohol; parties are handled as a **“Rental of Space + Instructors.”** This places the Hostess in charge of distributing and gathering guest’s **waivers + \$32.64** (exact cash or check made out to PCO). Upon arrival, Hostess presents ALL waivers + payments IN FULL to staff. Please include **Party Payment Sheet** listing attendee names and method of payment for cross-referencing purposes. **Parties of less than 6 can split the minimum party fee of \$180 + tax.** Parties are available to schedule on Saturdays in any 2-hr slot beginning @12:00 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 are 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 will be verified, but only processed in the event of a late cancel or no show. **Credit cards are not accepted at parties. All participants must pay \$32.64 in exact cash (preferred) or check payable to PCO.**

*I am providing the following CC information to reserve a party date/time. I understand the cancellation policies outlined above.*

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

\_\_\_\_\_  
Signature

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

**Shhh! Surprise party? Let us know.**

Hostess: Please present all guest waivers + payments 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: \_\_\_\_\_

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

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 (alcohol allowed for 21+ w/instructor approval). Studio provides a table and bucket for ice.

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 fitness modality **at my own risk** and am responsible for my own well-being.

I understand the liability involved with **optional alcohol** 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.

I understand that I must inform the instructor of **any limitations by completing the medical portion** of this waiver.

I accept the potential risk involved in attending this party, and hold harmless Pilates at Play, LLC., including Trisha Hatfield-Graves, Cally Baker, Heather Christopher, Tiffany Jolly, Noel Niemi, Maggie Nuese, Julia Cereghino, Lori Capra, as well as 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.

\_\_\_\_\_  
PARTICIPANT SIGNATURE

\_\_\_\_\_  
DATE

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

\_\_\_\_\_  
DATE

