

STADIUM PERFORMANCE

FREQUENTLY ASKED QUESTIONS

1. HOW DO I BECOME A MEMBER AT STADIUM PERFORMANCE?

SP: TWO OPTIONS. 1. CALL STADIUM PERFORMANCE AND SCHEDULE YOUR ASSESSMENT. ASSESSMENTS COME IN TWO FORMS. YOU MAY PARTICIPATE IN A GROUP TRAINING CLASS AND WE WILL OBSERVE YOU AS THE HOUR PASSES OR 2. SCHEDULE A PRIVATE ASSESSMENT. PRIVATE ASSESSMENTS REQUIRE A \$100 FEE TO BE PAID IN ADVANCE. IF FOLLOWING YOUR PRIVATE ASSESSMENT, YOU ELECT TO PURCHASE A PRIVATE SESSIONS PACKAGE OR SIGN UP FOR A GROUP TRAINING COMMITMENT, THE \$100 WILL BE DEDUCTED FROM THE FINAL VALUE.

2. I AM TRANSFERING FROM ANOTHER TRAINING FACILITY. DO I GET ONE MONTH FREE?

SP: YES. IF YOU SIGN UP FOR A THREE-MONTH GROUP TRAINING COMMITMENT, YOU WILL RECEIVE THE THIRD MONTH FREE.

3. WHAT DO I NEED TO BRING TO MY WORKOUTS?

SP: BRING GYM CLOTHES, SNEAKERS WITH LATERAL SUPPORT, AND ANY WATER, PROTEIN POWDER, OR SUPPLEMENTS YOU WOULD LIKE TO TAKE PRE-AND-POST WORKOUT. SP HAS WATER, PERFORMANCE DRINKS, AND VARIOUS PROTEIN SNACKS AVAILABLE FOR PURCHASE.

4. HOW WILL I KNOW WHAT CLASS I QUALIFY TO TRAIN IN?

SP: WITH THE EXCEPTION OF ONE SUMMER CLASS FOR COLLEGE ATHLETES, WE DO NOT SEPARATE SP ATHLETES. WE TRAIN AS ONE. YOU ARE WELCOME TO ATTEND ANY CLASS THAT FITS YOUR SCHEDULE.

5. HOW DO I SCHEDULE MY PRIVATE AND GROUP TRAINING SESSIONS?

SP: VISIT THE APPLE OR GOOGLE APP STORE AND DOWNLOAD "STADIUM PERFORMANCE". IF WE HAVE NOT CREATED AN ACCOUNT FOR YOU, YOU MAY DO SO YOURSELF WITH YOUR OWN CREDENTIALS. FROM THE APP, YOU CAN PURCHASE, SCHEDULE, MODIFY, AND CANCEL APPOINTMENTS.

6. WHAT IS YOUR CANCELLATION POLICY?

SP: PRIVATE SESSIONS NEED TO BE CANCELED 24 HOURS IN ADVANCE OF THE SCHEDULED APPOINTMENT TO AVOID A LATE CANCEL FEE. IN RARE INSTANCES, WE MAY WAIVE THE FEE DUE TO UNFORSEEN CIRCUMSTANCES.

7. I SIGNED MY CHILD UP FOR STADIUM PERFORMANCE SESSIONS. CAN I WATCH?

SP: THE TRAINING SPACE AT STADIUM PERFORMANCE IS CLEARLY DEFINED BY RUBBER FLOORING. IT IS OUR REQUEST THAT ALL PARENTS REFRAIN FROM THE RUBBER FLOORING AREA DURING LIVE PRIVATE OR GROUP TRAINING SESSIONS. OUR LOUNGE IS INVITING AND SPACIOUS WITH COMPLIMENTARY HIGH SPEED WIFI FOR THE WORKING PROFESSIONAL PARENTS.

