

## Frequently Asked Questions

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

Please wear something comfortable and form fitting that you can move and stretch in. Leotards or unitards are nice, but not necessary. Layers are great for covering armpit and back of knee areas. No pants with zippers, snaps or buttons.

### **How do I register for a class?**

Visit our online registration system through Dance Studio Pro.

<https://dancestudio-pro.com/online/mountainairdance>

Please contact us with any questions!

### **Can I come to class without a reservation?**

No, sorry. We do need you to reserve your space online, call or email to check on space availability. You may be able to get into Open Gym or Aerial Strong same day, but space is limited and not guaranteed. <https://dancestudio-pro.com/online/mountainairdance> (406) 595-0909 or [cathy@mountainairdance.org](mailto:cathy@mountainairdance.org)

### **How do I pay for class?**

You may pay online or in person at the beginning of class. We accept all major CC's, cash or check. You may also mail a check to:

Mountain Air Dance  
4366 Brookside Ln  
Bozeman, MT 59718

### **What is your refund policy?**

We strive to make class a great experience for everyone, so please let us know if this is not the case. Your feedback helps us make Mountain Air Dance better and better! If you are not satisfied with the class you have taken or are not able to use a class card you have purchased, please contact us. Refunds will be handled on a case-by-case basis and are not routine. Thank you for understanding.

### **Do I need to be strong and flexible to take a class?**

No. One of our goals in class is to increase our total body strength and flexibility. You will get stronger and more flexible just by participating in class. Beginning classes are open to all strength levels and body types.

### **Is there a weight limit for class?**

We do have a limit of 250 lbs for participants. This is precautionary for participants as well as for instructors and equipment. Safety is our priority. If you have any questions concerning weight, please talk directly with Cathy Werner. (406) 595-0909

**Can I observe a class before I participate?**

Yes! We welcome you to come check it out. See if it's for you. It will be difficult for you to sit on the sidelines, so wear your workout clothes just in case you decide to join in.

Please call or email with any other questions.

(406)595-0909 [cathy@mountainairdance.org](mailto:cathy@mountainairdance.org)