



# CONTINUUM ARTS & PILATES

**"LET'S CREATE AND BUILD A MOVEMENT PRACTICE YOU LOVE AND ENJOY DOING EVERYDAY." - ALYSSA**



My name is Alyssa Junious and I am a San Diego based artist, educator, and wellness advocate. I am the founder of Continuum Arts & Pilates and I teach, perform and choreograph throughout Southern California. I am fascinated with the moving body and train dancers, athletes and fitness enthusiasts at my private studio in North Country San Diego. Let's focus on your personal goals and customize a program that works for you. I offer in studio and/or virtual coaching.

## Types of Private Lessons

**Pilates** - a full body movement method that integrates the mind and body. I am certified to teach various pilates formats on the following apparatus': mat, reformer, cadillac, barrel, EXO chair, and spring board.

**Dance Technique** - movement training centered around improving movement vocabulary, alignment, execution, and endurance. *Technique styles include: Ballet, Jazz, Modern, Hip Hop)*

**Choreography** - focus on improving rhythm, stylized movement, and performance skills.

*Choreography styles include: Contemporary, Jazz, Musical Theatre, Hip Hop, Tap, Ballroom (swing and cha cha)*

Learn More by scanning  
the QR Code



## CONTACT INFORMATION

[info@continuumartspilates.com](mailto:info@continuumartspilates.com)

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# PRICING AND PACKAGES

## **1:1 Sessions**

Private Session (1 hour) \$90

Private Session (30 minutes) \$50

Private Session (10 pack) \$800

## **Monthly Memberships**

Private Session (1 hour, 4x a month) \$280

Private Session (1 hour, 8x a month) \$520

## **Group Sessions**

Semi-Private (1 hour) \$100

Private Group (1 hour) \$250

## **Payment Methods**

- Check - make checks payable to Alyssa Junious
- Paypal - paypal.me/AJunious
- Venmo - AlyssaJunious0711

## **Location & Parking**

Address: 1900 N Coast Highway

Parking: Parking available in the front. *There is additional parking in the back of the electric bike and chiropractor office.*

**[info@continuumartspilates.com](mailto:info@continuumartspilates.com)**



# POLICIES & PROCECURES

## General

- Private classes are 1 hour in length
- First time client must sign and complete our intake and liability form. *All clients are required to sign these forms*
- Please arrive on time and turn off your cell phone. There is no shoes, gum, food, or drink permitted in the studio. Only water is allowed in the studio.
- Please wait in the outside waiting area if there is a session before your scheduled time.
- Regular socks without grips are not allowed. Grip socks add an extra layer of protection and traction for our clients. You may bring your own grip socks or we have socks for sale at our studio.
- We retain the right to refuse service to anyone.

## Cancellation Policy

- There is a 24 hour cancellation policy for all classes. Clients must cancel through email or text up to 24 hours prior to the start of class with no charge. If you do not cancel, or are a no show, your will forfeit the class and will be charged a No Show/Late Cancel fee of \$25.00. This policy applies to all classes with no exceptions or regard to reason for late cancel. If you are late for your appointment then your appointment end time will be as scheduled without an extension.

## Reservations

- **If you are a member:** reserve your private session using the google calendar link [here](#).
- **New clients must reserve via email** and go through an introductory session before booking a session using the google calendar

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