

Studio Evolve First Appointment Details

Welcome! We're glad you've chosen Studio Evolve and we hope you come to love the benefits of Pilates, **GYROTONIC®** and Yamuna Body Rolling sessions as much as we all do. If you have any questions or need to change your schedule, please call us at 206.547.9616 or email info@studio-evolve.com. We are happy to assist you!

STUDIO DETAILS:

We have a **24 hour cancellation policy**; your time is reserved for you.

Please wear comfortable clothing; no shoes are worn during your session. We have cubbies for storage and a changing room available for you, as well as restrooms and drinking water.

Please bring your completed Health History form with you to your first session. You can alternatively arrive a few minutes early to your appointment and complete the forms here.

Directions: Although our street address is Wallingford Ave N, the studio front door faces 34th street. We're located in the main level of the Tavona Building, a mixed use – condo/retail building one block north of Gasworks Park.

Parking is available on a first come, first serve basis on the surrounding streets. You'll likely find parking on 34th, or Densmore Ave N or Wallingford Ave N.

-Martine & the Studio Evolve Team

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