Choosing the Right Studio For You

Checklist

Is the Vibe Right for You?

Do you feel welcomed when you arrive?

Have you noticed the instructors know their regular clients by name?

Do you enjoy being in the space?

Do the instructors notice if you are struggling with something and offer a way to approach it that suits you better?

Do you feel taller, longer, stretched out and stronger when you leave?

Do you feel better in body, mind and heart when you leave after class than when you walked in?

Class Scheduling & Quality

Do you have the flexibility to attend casually, or come as many times as you like?

Does the studio represent the right balance of class quality and cost effectiveness?

(Transform offers premium quality classes but at a completely competitive level. You can come to class every day for the price of a coffee!)

Are the classes varied and fresh? We find out clients appreciate a certain level of constancy between their classes so they know what to expect in terms of what energy will be needed to do the class, but appreciate the the teachers add in fresh takes on classic moves to keep things interesting.

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Transform Other Studio

What our clients say!

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Working Around Your Changing Needs

Are the instructors available before and after class for any questions?

Do the instructors share generously of their knowledge and skill with your best interests at heart?

Will the studio instructors refer you on to other health specialists such as physiotherapists when they feel that will be helpful?

Will the studio instructors recommend other classes to you if they are more suitable for your needs, including options which might suit you such as swimming or other types of classes?

Is the owner availble on the phone to discuss anything that arises which will affect your workouts such as that surfing injury you just got.

Does the studio owner LOVE speaking with clients about their wellbeing?

Is the Calibre of the Instructors High?

Do the instructors have many years experience in their field? At last count Transform's expert instructors had 10 years teaching experience on average. And they had 19.7 years active participation in their field.

Are the instructors passionate about what they area teaching?

Do the instructors stay up to date with their own professional development?

Do the instructors attend classes themselves to keep themselves nourished and inspired? Are the instructors all insured?

Does the owner quality check all the instructors for experience, knowledge and vibe before inviting them to teach at the studio?

Does the studio invest in trainings to ensure the continued development of the instructors?

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