

Student Observation Possibilities (Virtual and In Person)

Pacific Northwest Pilates (Portland, OR)

To observe Virtual Classes:

- Please contact Tracy a day prior to the group mat class if you plan to observe: (managerpnwp@gmail.com). We will need to add you to the roster so that the teacher knows you're observing and can send you the Zoom link. Keep in mind that if you call, we may not get your vm as quickly as an email, since we are not at the studio and call vm periodically.
- Be sure to mute your computer as you observe. Your camera should be on.
- You may not take screenshots or write down any of the client's names. Everyone in the class should have their mics on mute and the instructor screen 'pinned', so you should be able to focus on just the instructor.
- Group class schedule can be found here: <https://pacificnorthwestpilates.com/client-group-classes/>

To observe In Person Classes and/or Private Sessions:

- Please contact Tracy at managerpnwp@gmail.com to coordinate.

To use PNWP's equipment and space to practice:

- Please contact Tracy at managerpnwp@gmail.com to coordinate.
- Fridays and Saturdays 9am-2pm is our typical availability for this, but does vary frequently. Availability is not confirmed until you reserve your space with Tracy.

Dart Pilates (Portland, OR)

Email Kacie Dart: dartpilates@gmail.com

Kacie has Zoom recordings of classes to share, and there is a potential to observe in person private sessions.

BodyCenter Studios (Seattle, WA)

Email Kristi Quinn: kristi@bodycenterstudios.com

BodyCenter Studios has offered observation of their Zoom classes.