

Private Session FAQs

Can I do a duet, trio with a friend?

Yes, for a duet or trio please follow the steps below to set up a private appointment. We also offer in-house and outdoor small group sessions. Please contact Peter Marcy at PMarcy@schosp.org or 773-878-9936, ext. 3863 to book.

Can I use previously my purchased sessions?

Yes, you may use previously purchased sessions for upcoming appointments as long as they have not expired.

How can I check for previously purchased sessions remaining on my account?

Login to *My Wellness* and look for packages under My Account. The packages screen will allow you to see how many sessions remain in each of the packages on your account and the date they will expire.

How to purchase new sessions and packages?

Single sessions can be purchased on the *My Wellness* portal under Shop Packages. Packages are also available. Please call the Courtesy Desk at 773-878-9936, ext. 5660 to purchase sessions at the discounted package rates. Discounts cannot be applied online.

How to make an appointment?

Previous clients may contact their providers directly, if available, to set up appointments.

New clients contact:

Personal Training- Peter Marcy at PMarcy@schosp.org or 773-878-9936, ext. 3863

Pilates- Jennifer Palmer at JPalmer@schosp.org or 773-878-9936, ext. 2233

Yoga/Barre/Tai Chi- Lisa Robertson at LRobertson@schosp.org or 773-878-9936, ext. 6751

Massage and Acupuncture- Call the Courtesy desk at 773-878-9936, ext. 5660.

[Visit our staff bio page to learn more about our providers>](#)

What will my session be like?

Pilates / Personal Training:

1. Trainers will work in designated spaces that allow for 10 feet of distancing.
2. The Pilates studio is limited to a four person capacity.
3. Areas and equipment will be cleaned and disinfected after every session.
4. Sessions will be scheduled so that there is adequate time to sanitize the area and equipment.
5. Trainers and instructors will wear masks during all sessions.

Massage / Acupuncture:

1. Client must wear mask for the entire session.
2. Clients will use hand sanitizer upon entering and prior to leaving massage room.
3. The \$25 cancellation fee will **not** be charged for anyone cancelling due to illness.
4. Appointment start times will be staggered so that multiple clients are not in waiting room at one time.

The member lot is closed. Where should I park?

Free parking is available to members in the adjacent Swedish Hospital Parking Garage. Please get a validated Parking Garage ticket at the Courtesy Desk for free parking in the garage.

[Click here to get directions or learn more about parking>](#)