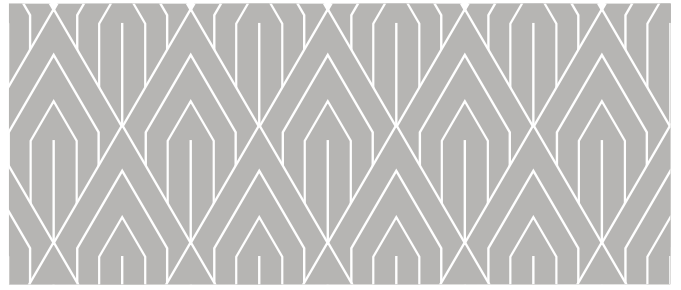
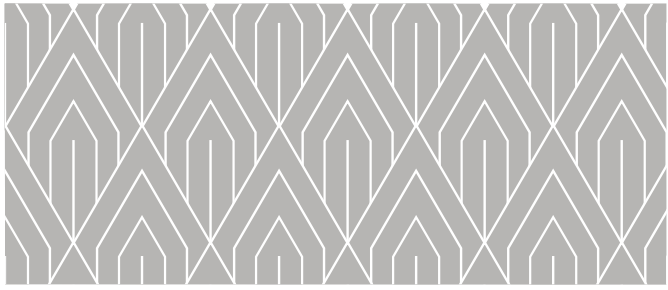




STUDIO GUIDELINES

In order to make our studio a healthy, safe & comfortable exercise environment for everyone, we ask you to kindly read this list. Please:

- Arrive on time
- First time students arrive 10 minutes prior for registration.
- If you arrive more than 10 minutes late for a group class, you will not be allowed to enter the room. If you have a special circumstance where you know that you will arrive late please inform the studio prior with an email, text or phone message so that we can accommodate for you to enter quietly. This is especially important for yoga classes.
- The front door may be locked after class commencement for early morning & late evening classes.
- If you arrive late to your booked session time the time slot remains the same.
- TURN OFF mobile phones, place them on silent if you have to keep them nearby for emergency situations.
- Sign in and pay before your class or session.
- Dress in comfortable, preferably tight fitting clothing without zippers and buttons so that there is no chance of damaging the studio accessories, apparatus. Tie back long hair.
- Be thoughtful of other clients and your teachers avoid wearing to class any revealing clothing and other clothing that may make you overexposed, this includes men in short shorts.
- REMOVE ALL sharp and large pieces of jewelry, our equipment is costly to re upholster and can be damaged easily from sharp objects. It is for your own safety as jewelry can get stuck in the springs and hooks.
- Clean socks may be asked to be worn to Pilates classes/sessions and we highly recommend investing in socks with grip, bring a large towel for use in duo / trio sessions where apparatus is shared. Yoga classes are barefoot and we do provide mats for use, however for hygiene reasons we suggest that you buy your own mat. In the case of using studio mats spray and wipe the mat down after use. Bring a hand towel or towel to use on your mat if you tend to sweat.
- Heated Yoga Classes MUST use a towel on the MAT (towel hire \$2)
- Don't wear dark nail polish, it marks our floor and equipment and is very difficult to remove.
- After using any Pilates props and apparatus, large and small, please spray & wipe them with the cleaning substance & towels provided and return them back where found. Discard the used cleaning towels in the basket provided.
- Keep chatting to a quiet tone in the waiting room 😊
- Honour the silence of the studio room especially in yoga classes by moving about quietly (PTO)



STUDIO GUIDELINES

as other classes may be on at the same time as your class or session.

- Try to only ask questions either before or after class unless you are experiencing pain then speak up immediately and cease the exercise/posture, inform your teacher immediately.
- Place personal belongings in the lockers provided. DO NOT leave valuables or your bags in the studio or waiting room. No responsibility will be made by the studio for your personal belongings.
- You may bring bottled water into class with you.
- Avoid over use of any perfume, cologne and heavy scented hair products as some clients are sensitive to these.
- Come to class clean and fresh especially your FEET! The studio has a shower, deodorant and freshen up wipes for your use.
- The studio does not use toxic cleaning fluids or laundry detergents.
- Drink plenty of water before coming to class and throughout the day.
- Avoid large meals 2-3 hours before session but do have a snack.
- Payment is by cash, cheque, EFTPOS, online payments and EFT and must be made prior to class or booking a session.
- During work hours Mon-Fri 8am to 5pm please only use the 7 car parks to the eastern side of our studio marked HARA or under the tree. Outside of these times we may use all of the car parks available on site.
- HAVE FUN and thank you for making our studio a clean and happy place ☺