



MIND/BODY STUDIO GUIDELINES



For your safety and enjoyment of the club, here are a few guidelines for using the studio.

POLICY

- Please provide 24-hour cancellation notice directly to your trainer if you can not attend a session. Otherwise, you are responsible for payment of that session.
- All sessions and classes are by reservation only and preregistration is required before an appointment is scheduled.
- All sessions and classes are 55-minutes in length, unless otherwise noted.
- All 6-week classes expire at the end of the designated 6-week session.
- No refunds.
- If you arrive early for your appointment, please warmup in the designated "cardio/stretch" area. For your safety, Pilates equipment is only reserved for use with a qualified Pilates trainer.

COURTESY

- Enter/leave the studio quietly. Please hold conversations outside the studio.
- Please turn off or place all cell phones on silent mode.
- Please place your shoes inside the cubbies provided.
- Place your bags and coats in the locker.

PERSONAL HEALTH & SAFETY

- Wear non-skid socks or bare feet to avoid slipping.
- Use hand sanitizer before and after your session.
- Wipe down your equipment after your session.
- Wear comfortable, form fitting clothing that allows for movement.