

## RESPIRIT PILATES STUDIO RULES

- ✓ As a courtesy, please show up on time for your class. We strongly recommend arriving at the Studio 5-10 minutes before your scheduled appointment.
- ✓ Private classes will finish as scheduled despite any late arrival.
- ✓ Clients will not be permitted to join a group class after 10 minutes past the hour to prevent possible injuries.
- ✓ Please turn off all your electronic devices upon entering the studio.
- ✓ We kindly ask you to take shoes and coats off and leave them in the place provided.
- ✓ Please wear suitable attire. We recommend wearing close-fitting clothing, nothing too baggy, for the benefit of free movement and efficient teaching.
- ✓ No jewellery is allowed for apparatus exercises as they may get caught in springs and straps and cause injury. For the same reasons, please tie your long hair up for reformer classes.
- ✓ Please avoid strong perfumes or colognes; it can be offensive to other clients.
- ✓ Please no lotion on hands and exposed skin. This presents a slip and fall potential in many exercises, especially on the apparatus.
- ✓ No glass bottles and other drinks than water are accepted in the exercise room.
- ✓ Please keep your valuable belongings with you in the exercise room, but out of the way.
- ✓ We kindly ask you to clean your mats and apparatus after your session as courtesy offered to the next client.
- ✓ Pilates apparatus are quite specialized and we have spared no expense to fully equip our studio with high- quality material to provide you with the most possible Pilates training experience. Please use our machines and any other equipment with respect and care. Clients and guests accept responsibility for all property damage they may cause, except that due to ordinary wear and usage.
- ✓ For your convenience all classes and other events can be booked and cancelled online.
- ✓ Morning classes are guaranteed only if you sign up by 10.00pm the night before.
- ✓ You are encouraged to sign up for our waiting list in case the class of your preference is full.
- ✓ Please observe our cancellation policy. Classes can be cancelled without any charge with a 24-hour advance notice. In case of late cancellation, the full price of the respective session will be due unless we manage to fill your spot until the class starts.

Thank you for your cooperation.