

bCentered Training Pilates Studio Etiquette

Thank you for coming! To make your experience at the studio as enjoyable and safe as possible please review and follow the studio etiquette while in the studio:

- **Arrive On Time** - arriving late interrupts the flow of a class, and it means that your body won't get the full benefit of the workout.
*Being on time is a sign of respect for the other students.
- Let us know about injuries, changes in your body, or special conditions to the teacher **PRIOR** to class/session
- **Do not** intrude on the class or private training before yours.
- **Do not** help yourself to an empty piece of equipment and start doing what you want when a class or private training is in progress.
- Leave your shoes at the door - classes are held bare foot
- Keep conversations before or after class to minimum and low within hearing of students.
- Class time is **NOT** chat time; it is disruptive to both the teacher and people in the class
- Shut off or silence your cell phone. Phones are **NOT** allowed anywhere around your workout space in the studio. It's disruptive to others as well as to you.
- As a courtesy to others, please refrain from wearing any heavy perfume/cologne
- Students are asked to assist in wiping down of equipment and mats at the end of each class
- Appropriate exercise attire must be worn
- Adhere to our 12 hour class cancellation policy and our 24 hour training cancellation policy – see studio policies
- Do ask appropriate questions – if a certain exercise -- in that moment -- triggers a question that has been lingering. Feel free to ask it. If it is a more detailed question, please wait till after class.

Enjoy your time here by listening and working mindfully and diligently.