

# **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.*