



In order to make the studio a healthy, safe & comfortable exercise environment for all, I kindly ask you read and sign the following studio information and policies.

Please:

- **Arrive on time, first time students, arrive 5-10 minutes before class.**
- If you are more than 20 minutes late for your booked session/class your appointment will be cancelled.
- **If you arrive late to your booked session time the time slot remains the same.**
- Turn off mobile phones or place them on silent if you have to keep them nearby.
- **Don't forget to sign in and pay before your class/session.**
- Dress in comfortable, preferably tight fitting clothing without zippers and buttons so that there is no chance of damaging the apparatus.
- **For your own comfort and to be thoughtful of other clients please avoid wearing extremely short shorts and other clothing that may make you feel overexposed.**
- Remove large pieces of jewellery.
- **Clean socks must be worn by everyone to all classes/sessions, and please bring a large towel for use on the mats and another hand towel if you tend to sweat.**
- After using the 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.
- **Honour the silence of the room by moving quietly.**
- Only ask questions either before or after class.
- **Practice stillness between transitions.**
- Place personal belongings in the wardrobe space provided. Do not leave them in the studio. No responsibility will be made by the studio for your personal belongings.
- **You may bring bottled water into class with you.**
- To be considerate to other clients avoid over use of strong perfume, cologne and heavy scented hair products as some clients are sensitive to these.
- **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 class.**
- All sessions & classes are 50 – 60 minutes
- **Payment is by cash, cheque or EFT only.**
- Cancellations for apparatus sessions must be made at least 24 hours in advance, otherwise the full rate will be charged for that session
- **Mat class cancellations: Must be made prior to the class.**
- If you're experiencing any pain or discomfort during any exercise, please advise the instructor as a modification to the exercise may be necessary for you and cease practising the exercise immediately.
- **The studio will refuse a client under the influence of drugs and alcohol to participate in any class or session.**
- Please do not attend classes/sessions if you have an infectious illness/condition. Please remember to cancel accordingly.
- **No street shoes are to be worn in the studio.**
- Long hair must be tied back
- **Most importantly HAVE FUN!**

Signed: _____ Date: _____

beyond movement studio

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