

# STUDIO ETIQUETTE



Please refrain from wearing loose jewellery as this may get caught, causing serious injury.



Please refrain from talking over instructors or music.



No food or drink allowed.

Refrain from chewing gum as this poses a serious choking risk.



Give enough time to set up your equipment and part-take in the crucial warm up, which prevents injury.

Please note: If you arrive late, the instructor may refuse your entry.



Stay for the cooldown as this helps reduce the chance of injury. If you must leave early, please make the instructor aware.



Keep hydrated through your workout and bring a water bottle with you.

Remember to mop up any spills or sweat and wipe down the equipment after use.



Make sure you wear loose comfortable clothing, with no offensive writing on, strictly no jeans or soiled work clothes.

Please ensure you are wearing the correct footwear for the session, heavy boots and flip flops are not permitted.



No Wristband = No Workout and you will be asked to leave.



Children under the age of 12 *are not permitted* to be in the studio during adult exercise classes.



Return all equipment to the storage areas provided.



Please inform the instructor prior to the class of any injuries or limitations you may have that may affect your workout, this gives the instructor time to show you modifications.

Please refrain from exercise if you are unwell.