



## **STUDIO POLICIES**

- ✓ All assessments and private lessons to be cancelled at least 5 hours before, or will be charged at full price.
- ✓ Remove your shoes immediately after entering the studio (thorns, sand, etc. being carried onto the exercise area and mats).
- ✓ Please do not walk with your shoes on the mats.
- ✓ Bring your towel in the interest of promoting good hygiene. You may mark your towel with your name and leave in the studio.
- ✓ All mats are to be cleaned after class with the antiseptic cleaner provided.
- ✓ Kindly consider the next class start time by moving outside the studio for socializing as soon as possible.
- ✓ **Please inform your trainer of any new injuries or relative information.**
- ✓ Cell phones are to be put on silent please. In case of emergency please put on vibrate next to you in class or inform the trainer.

*Remember your sessions include admin, time spent on consulting with other medical parties and ongoing education, research and equipment.*

I understand the studio rules

I accept that the studio cannot be held responsible for injuries or accidents.

I accept that the studio cannot be held responsible for damage or loss to personal goods.

I understand that it is my responsibility to inform the trainer of any new illnesses or new injury before each session.

Signed: ..... Date: .....