

Studio Etiquette & Policies

1. Punctuality

- Arrive at least 5-10 minutes before class to settle in, prepare, and transition into your workout. Arriving early also helps you avoid disturbing the instructor and fellow members.
- If you arrive late (more than 5 minutes after the class has started), we ask that you do not enter the class, as it may disrupt the flow and focus of the group. In such cases, please feel free to join the next available class.

2. Strong Smells (Perfume, Scented Products, and Smoke)

- Limit the use of perfumes or colognes before class.
- Avoid using scented lotions or oils right before class.
- No smoking of any type before attending class.

3. Cleanliness & Hygiene

- Wear clean workout clothes and we suggest you bring your own mat, if possible. We provide mats in case you forget yours at no additional cost.
- Use a towel during your workout to help absorb sweat and maintain a clean space.
- Wipe down your equipment after use.

4. Respect for Others'

- Respect personal space during class.
- Keep conversations at a reasonable level in our lobby as there may be recovery appointments taking place.
- If you take videos of yourself in the studio please be respectful and mindful of those taking class around you, as they may not want to be filmed.

5. Positive Energy & Encouragement

- Celebrate others' progress. Whether it's a personal best or a new milestone, our community thrives on the power of positivity.
- This is your personal fitness journey, and we believe in keeping your eyes on your own mat. Let's keep the space inclusive, uplifting, and encouraging.

6. Respect for Yourself

- Listen to your body and notify instructors prior to the start of class if you have any injuries so they can adequately provide modifications to keep you moving safely.