

## RESPIRIT PILATES STUDIO RULES

Rules marked *Italic* are extracted from our General Terms and Conditions.

- ✓ As a courtesy, please show up on time for your class. We strongly recommend arriving at the Studio 5-10 minutes before your scheduled appointment.
- ✓ *Any client arriving 10 minutes late or more to a collective class can participate only at his own risk and Respirit Pilates cannot in any circumstance take responsibility for any injury.*
- ✓ *All classes start on time and will finish as scheduled despite any late arrival.*
- ✓ Please turn off all your electronic devices upon entering the studio. *The use of mobile phones and any other device is not allowed in collective classes.*
- ✓ We kindly ask you to take shoes and coats off and leave them in the place provided.
- ✓ Please wear suitable attire. *We recommend wearing close-fitting clothing, nothing too baggy, for the benefit of personal safety, free movement and efficient teaching.*
- ✓ *No jewellery is allowed for apparatus classes as they may get caught in springs and straps and cause injury. For the same reasons, please tie your long hair up for reformer classes.*
- ✓ Please avoid strong perfumes or colognes; it can be offensive to other clients.
- ✓ *Please no lotion on hands and exposed skin. This presents a slip and fall potential in many exercises, especially on the apparatus.*
- ✓ *No glass bottles and other drinks than water are accepted in the exercise room.*
- ✓ Please keep your valuable belongings with you in the exercise room, but out of the way.
- ✓ We kindly ask you to clean your mats and apparatus after your session as courtesy offered to the next client.
- ✓ Pilates apparatus are quite specialized and we have spared no expense to fully equip our studio with high- quality material to provide you with the most possible Pilates training experience. *Please use apparatus, any other equipment and accessories as well as all studio facilities at your disposal with respect and care. Clients and guests accept responsibility for all property damage they may cause, except that due to ordinary wear and usage.*
- ✓ Morning classes with a start before 9.15am are guaranteed only if you sign up by 10.00pm the night before.
- ✓ You are encouraged to sign up for our waiting list in case the class of your preference is full.

Thank you for your cooperation.