

PILATES ETIQUETTE @ LIVELY

DO



- Arrive on time
- Remove shoes upon arrival
- Wear grip socks and bring a towel to each session
- Tie long hair back so it doesn't catch in our equipment
- Cover zippers on your clothes with tape - these can damage our equipment
- Cleanup after yourself, return props and wipe down equipment
- Be mindful and respectful of your fellow students and staff

DON'T



- Bring mobile phones into the studio
- Use coarse language or disrespectful behaviour
- Wear strong perfume or cologne
- Attend our studio if you are unwell

REMEMBER



- Familiarise yourself with the studio's cancellation and pack-expiration policies
- Frequent cancellations or no-shows may result in the cancellation of your standing appointment status

Thank you

Lively Physio