

## **Active Body Pilates Studio Guidelines**

Thank you for helping create an atmosphere conducive to taking care of the body inside and out, in an environment that is nurturing and positive.

For your convenience we have provided a changing room.

Please do not use equipment unless under supervision by a trained professional.

Children with adult supervision are permitted in the studio space.

Proper attire required, including the removal of all outdoor footwear.

Active Body Pilates Studio is a no cell phone zone. Take an hour for yourself and leave phones at home or in the car. If you do bring your phone inside, please turn phones and pagers to silent alert.

Please use the provided disinfectant to clean your equipment or mats at the end of each session or class.

*Thank you for being a part of Active Body Pilates Studio*

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[www.ActiveBodyPilates.com](http://www.ActiveBodyPilates.com)