

Guidelines to Be Amazing at Surviving Strong

We're a community, and it takes a little respect and a lot of fun to keep things running smoothly. Here are a few friendly reminders to help you—and everyone around you—have an amazing time:

- 1. Listen to Your Instructors:** We're here to help you crush your fitness goals, but we can't do that if you're doing your own thing. Trust us, we know what we're doing! Follow the instructions, and if you have questions, we're happy to answer them—just save them for the end of class unless it is absolutely an in the moment concern.
- 2. Reserve Your Spot:** We love your enthusiasm, but please reserve classes in advance. We need to plan ahead to make sure there's space for everyone.
- 3. Keep It Jewelry-Free:** In Pilates or Aerial classes, sharp grommets, zippers, or jewelry are a no-go. Let's keep the equipment (and you) safe!
- 4. Footwear Matters:** Proper shoes, please! Anything with heavy weights, sneakers are a must. On the Pilates apparatus or aerial hammocks, we go barefoot or rocking grippy socks. On the rebounders you can be in sneaks, barefoot or grippy socks. No regular socks ever, it's just too easy to slip and slide.
- 5. Be On Time:** Class starts on time. We get it, life happens—but arriving late is disruptive to everyone. Please make every effort to arrive a few minutes early to settle in.
- 6. No Cell Phones:** If you're waiting on an urgent call, set your phone to vibrate and step out if needed. (And, did you know, we have chargers of all kinds in both rooms for your convenience?)
- 6. A Space for Everything:** You can store your belongings in the cubbies in either the main room or the Pilates room. For safety, keep items like water bottles in your cubby or on the window sills or along the wall—no tripping hazards, please! Wipe down your equipment and put it back where it belongs after class. Let's keep the studio looking great and safe for everyone!
- 7. Be Kind, Always:** We're all here to support one another. Be kind to others, offer encouragement, and remember that a smile goes a long way. On your way out, grab a chocolate—just because!
- 8. Keep the Vibes Up:** We're all for good conversations—just not during class. Please save personal stories, chats, or questions for before or after class so everyone can stay in the zone.
- 8. Hygiene is Key:** A little deodorant goes a long way—let's keep things fresh! Also, please limit strong perfumes or scents that might overwhelm others.
- 9. Appropriate Clothing:** Please wear appropriate, comfortable workout gear—nothing too loose or restrictive. This will help you move better and keep you safe during exercises.
- 10. Bathroom Spaces:** We've got two bathrooms—one in each room. They're usually stocked and ready to go, but if the toilet tank doesn't refill properly, just close the lid and give us a heads-up. We'll discreetly take care of it with a quick wiggle of the float inside the tank.

(Did you notice our numbering was off? Yeah, sometimes our instructors lose count too.)