



## MEMBER POLICIES

### **Class Policies**

- Shoes are not permitted during workout, unless medically necessary
- Cell phones are not permitted in class, please store silenced cell phones along with other personal belongings in the storage space provided
- Socks are required; grippy socks are preferred
- We (barre.) are not responsible for lost or stolen personal belongings
- No food or drink other than water is permitted in the workout studio
- Please arrive on time, no one will be permitted into a class after 10 minutes of the start time
- Please sign in at the front desk upon arrival
- Classes are first come, first serve, until maximum class size (20). Please sign up ahead of time to avoid being turned away.
- Please inform your instructor of any physical limitations you may have prior to class
- No children are permitted in the workout studio
- No Gum allowed in the studio
- Proper attire required: long pants, shirt or tank (mid drift covered)
- Please avoid leaving class early. If you need to leave early, kindly let the instructor know prior to class.
- The studio will follow Baltimore County school rules concerning inclement weather. If schools are 1 hour late, we will cancel the 6am and the 8:30 classes. If school is 2 hours late, all morning classes will be cancelled except the 11:00 am. If we have an afternoon snow storm, we will inform you of any cancellations by 3:00pm. Please call the studio for an updated recording if you have any concerns.
- Instructors from other fitness facilities are permitted to attend one class per month.

### **No Show/Cancellation Policy**

If you sign up for class and do not cancel via phone or online 24 hours prior to scheduled class you will be charged for a single class (\$20.00 fee)

### **Tips for a Great Class**

- Come properly fueled and hydrated prior to class. Please bring water with you to class.
- Exercise at your own pace – if the exercise becomes too strenuous, take a break. Ask your instructor for modifications after class.
- Remember...this is your hour to empower yourself and make changes!!!!