

FIX STUDIO ETIQUETTE

To ensure everyone has the best possible experience at Fix we have outlined a few guidelines under our Fix Studio Etiquette for everyone to follow.

- Arrive a few minutes early to class.
- Turn off your mobile phones before entering the studio or leave them in your car.
- Let your instructor know about any injuries that might affect your practice so that you can be monitored and be given modifications.
- Even if you have just found out that you are pregnant your instructor needs to know.
- Please be quiet. It's great to share a class with people you know, but it can be distracting to yourself and others to have extended or loud conversations. We don't mind a little banter.

PILATES STUDIOS

- Socks must be worn during your session.
- After class neatly put away any props you use.
- Spray bottles and cloths have been provided to wipe your mats and machines after class.

YOGA STUDIO

- Place your shoes and belongings in the shelves provided.
- Walk around the mats not over them.
- We practice yoga with bare feet.
- After class neatly put away your props and use the spray bottles and sponges to wipe down your mats.

You are welcome to arrive early and relax in the waiting lounge with some herbal tea before your class.

Please be mindful to talk quietly as there may be a Meditation class in progress.