



CLASS GUIDELINES

1. To minimize disturbance during class, please turn off all cell phones and pagers.
2. Discontinue eating one hour prior to class or session. Bring bottled water to class.
3. Arrive 5-10 minutes early for warm-up and apparatus set-up.
4. Wear comfortable-fitting (not baggy) clothing, such as tights, leotards, shorts and tank tops. For women, please do not wear men's t-shirts.
5. Men should wear proper tight-fitting underwear or cycle shorts. Shirts should be tucked into shorts.
6. Inform the instructor of any changes to your health status or of any newly acquired injury.
7. No shoes. We recommend that class be done barefoot or with toe-socks. Personal footstraps are available for purchase. Students with rashes or other skin conditions on their feet must wear socks during class.
8. Avoid wearing jewelry such as bracelets and necklaces, which may get caught in the springs.
9. Refrain from using lotions and creams as it increases risk of slipping. Abstain from wearing fragrances to class, as this may impact other students.
10. Long-hair needs to be tied back. Elastic hair ties are provided for those with long hair.
11. Do not practice Pilates under the influence of alcohol or drugs (even prescribed drugs) which may affect your physical abilities such as balance.
12. Chewing gum is prohibited.

I HAVE READ AND UNDERSTAND THESE CLASS GUIDELINES, AND AGREE TO ADHERE TO THEM AT ALL TIMES WHILE ATTENDING CLASSES AND/OR PRIVATE SESSIONS AT PILATES BODY BY VALENTIN

PARTICIPANT'S

SIGNATURE _____ DATE _____