



## COASTAL PILATES AND YOGA POLICIES

**Cancellations for All Appointments** - Cancellation of any session must be made with at least 12-hour notice in order to receive a full refund minus the processing fee. Failure to give 12-hour notice for a cancellation will result in a full charge for the session.

### PILATES:

**Initial Assessment/Consultation** - The initial assessment and consultation session is strongly encouraged for all new clients but is REQUIRED before beginning any private/duet reformer sessions.

#### **Fitness Attire and Recommendations for Pilates:**

- Please wear comfortable clothing, avoiding zippers and metals that can scratch, tear, or get hung on the equipment. Stretchable form-fitting clothing is preferred so instructors can better view and evaluate your form. (Men may wear compression shorts under baggier fitness shorts.)
- Gripper socks are required for all equipment fitness classes.
- Please keep jewelry and body lotions/oils to a minimum for safety purposes.
- Nail polish can leave marks on the leather, make sure your polish has a clear topcoat or wear socks that cover your toes.

### YOGA:

#### **Studio Guidelines:**

- NO ADMITTANCE INTO THE YOGA ROOM ONCE CLASS HAS BEGUN, PLEASE PLAN TO ARRIVE A FEW MINUTES BEFORE THE SCHEDULED START TIME.
- To protect the integrity of the chromotherapy: solid white mats or solid white towels to cover your mat are required. (Towels can be purchased here at the studio.)
- No shoes and bags in the yoga room.
- Keep a peaceful environment, cellphones are not permitted in the yoga room. Also, be mindful of other electronic devices you may be wearing and potential notifications/alarms.
- Once you enter the yoga room, silence is expected.
- Minimize perfumes and colognes.
- Plan to stay for the entire class.
- Follow your instructor to the best of your ability, it is not the time to do your own practice.



## **INFRARED SAUNA:**

### **Sauna Attire Rules and Recommendations:**

- A bathing suit or dry-fit wear is recommended for the sauna.
- Please bring your own towels. Make sure you have at least one towel to sit on while in the sauna for hygienic purposes. (If you forget to bring a towel, a towel will be provided.)
- No beverages are allowed in the sauna except for water.
- The sauna has Bluetooth speakers that connect to the smart TV in the sauna room for your enjoyment.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_