



## **Studio Rules**

Safety first! Always use a mat when learning new inverts or fancy new tricks.

Bullying behavior such as bodyshaming absolutely will not be tolerated.

Please no rings, bracelets, or necklaces; they can cause injury and damage the finish on the poles.

Do not use creams or body lotions on pole day; in addition to being difficult to clean off the poles, they will make you too slippery to do very much.

No alcohol! No open containers in the studio area; use your sippy cup.

Do not spot or teach each other; wait for the instructor.

If you are using a mat, please remove your heels.

Be on time. Arrivals after the warmup period (~10 minutes) will not be admitted to class and you will be charged as if you had attended.

Wear form-fitting clothing (booty shorts for pole; tights or yoga pants for mat classes or warming up).

Please clean your pole before beginning class and when class is over.

Remember your fitness journey is your own. This is not a competition, and if you compare yourself to others you will generally lose.

Have fun!