



Studio Etiquette

To ensure everyone's Studio experience is fabulous, please note the following:

Check positivelyfit.ca for scheduled classes. The Studio is closed to members during these times.

Sign in when you arrive.

Clean, indoor-only gym shoes are mandatory. You may choose to leave your shoes in the bathroom closet, laces tied and your initials on the heels.

Please wipe down equipment and mats after use. Non toxic Cleaner and paper towel are provided.

Be respectful of others when choosing music, TV and volume levels.

If someone is waiting, please limit your use of cardio equipment to 20 minutes.

HAVE A REJUVINATING WORKOUT!