

CODE OF CONDUCT FOR MEMBERS

For every member to receive the best experience here at Body Central Studio, we request that everyone respects the etiquette of our classes.

1. First time members should arrive at least 15 minutes before the start of their first class to register and complete a screening form. This can also be done by contacting the studio by phone call or email so the form can be sent out in advance. We cannot guarantee entry should members arrive late or close to the start of class.
2. All classes begin and end on time. Please arrive before the start of class and prepare to stay the entire time. Latecomers will not be permitted into class.
3. To avoid disappointment please pre-book and pay for each class as there are limited spaces.
4. Please remove your footwear when entering the studio. All classes are performed bare foot or with non-slip socks.
5. Members are welcome to bring their own mats, blankets, cushions etc to class with them. Body Central Yoga mats, head cushions and blocks are also available to use free of charge.
6. No use of mobiles in the studio. Please turn them off before entering.
7. No food or chewing gum is allowed in the studio. Water is accepted please use a sports water bottle.
8. Limit exercise/postures and techniques that are being guided by your instructors. Listen to your body and do not hesitate to go into a resting pose or remain working at a lower level should you require to do so.
9. Please inform your instructor before the class about current health issues or injuries.
10. Please speak and listen mindfully to your instructors and fellow members.
11. Please be mindful of neighbouring residents and park responsibly within the vicinity.
12. Treat everyone with respect, care, compassion and non-judgementally.