



Pura Vida Fitness and Spa's Etiquette Guidelines

Fitness Floor

Your call may be important; for your privacy, please use the designated lobby area. **Cell phone use is not permitted in public areas within the facility** including fitness areas, group exercise studios, and locker rooms. To maintain a relaxing and quiet environment, cell phones, pagers, personal organizers and other electronic devices must be turned to vibrate before leaving the reception area and must remain turned off while in the spa. MP3 players with headphones are permitted in the club, but not the spa.

Please bring a water bottle to use at Pura Vida. In an effort to help the environment, **we do not provide drinking glasses**. There is a drinking fountain near the bathrooms on the Fitness Floor. There are two water filtration systems which provide your choice of ice, water and ice and just water can be found on the 2nd floor across from the women's locker room and on the 3rd floor next to the fitness concierge's desk. With the exception of properly bottled water, no food or beverages are allowed.

Smoking and alcohol consumption are not permitted within Pura Vida Fitness and Spa. Consumption of alcohol is not recommended before exercise or spa services. Pura Vida Fitness and Spa reserves the right to refuse entry and service to anyone displaying signs of alcohol consumption or drug/other substance abuse.

The blinds on the east, south and west walls may all be adjust upon request, as can the individual fans. Please feel free to make any request at the Fitness Concierge desk.

As a courtesy, we request proper care of the machines after exercise, including use of a sport towel or provided cleaning materials to wipe down equipment after use.

Please return all equipment to the proper station upon completion of exercise. Weight room equipment is only to be used in the weight room. When lifting heavy weights, the use of a "spotter" is recommended. The use of chalk is not allowed.

Please respect fellow members and guests and allow "working in"/alternation sets when using strength training equipment. Members and guests are asked to limit cardiovascular workouts to thirty minutes if others are waiting.

All personal training and instruction is to be given by Pura Vida personal training staff only.

Personal equipment and belongings are to be kept in secured lockers (i.e. gym bags, athletic equipment, purses, etc.).

Proper athletic shoes must be worn at all times on the fitness floor, with the exception of barefoot group fitness classes taking place inside the Group Fitness Studio.

Enjoy yourself and your time at Pura Vida!