



## Pura Vida Fitness and Spa's Etiquette Guidelines

### Group Fitness Studio

*Please note the following studio protocols were created with the intention of providing you with an ideal experience. We sincerely appreciate your anticipated cooperation.*

Please arrive early to all classes and gather any accessories necessary.

If you cannot complete the class, please alert the instructor before the beginning of class and stay near the rear or nearest exit of the studio.

Reserving spaces for other participants is not permitted. All locations, equipment, ect. are subject to a first come, first serve basis.

Inform instructor of any injuries or limitations prior to the start of class. Own your personal experience. Modify your workout as needed and appropriate for you.

Water bottles are encouraged-other beverages and food are not permitted.

Wear appropriate, supportive athletic shoes- free of debris and non-marking soles.

Replace all accessories to the designated locations at the completion of class and please alert the instructor to any damaged accessories.

Personal belongings should be kept in the available lockers on the 2<sup>nd</sup> floor.

Refrain from wearing perfumes and/or heavy cologne.

Do not attend class under the influence of drugs/alcohol.

Be respectful to fellow class participants and instructors, Conversation must be kept to a minimum.

Provide feedback-we welcome and consciously consider any and all input. Please assist us in creating an ideal experience for you.

Class instructors are happy to help should you require assistance; please ask.

Members are asked to refrain from entering a studio before the current class is completed.

Have fun, explore, learn and enjoy the class.



## Pura Vida Fitness and Spa's Etiquette Guidelines

### **Reservation Policy for Complimentary Limited Participation Classes**

MoVe, IndoRow and Indoor Cycling are currently the complimentary limited participation classes being offered at Pura Vida. Reservations are required for all Limited Participation classes. These classes are free and are destined to provide the highest quality of experience with an elite training staff, in a very intimate setting.

Reservations can be made in person at the Front Desk on the 2nd floor or by phone at 303.321.7872.

Members and guests must register with the 90 minutes prior to the class. No early registration is allowed. Members may call in to reserve their spot, but may only reserve one spot for themselves. Please note all reservations are for participation in class, not a specific chair or machine.

Members that are not present at the start of class will forfeit their reservation if others are waiting.