



* * * NEW STUDIO ETIQUETTE * * *

M2M STUDIO IS A SHOE FREE SPACE - NO EXCEPTIONS!!!

Shoes must be removed upon entering the studio- **BEFORE ENTERING WORKOUT SPACE**

Shoes are not desirable for Pilates, not necessary for using the rest room,

and not required to do any business in the studio

NO SHOES ALLOWED IN THE WORKOUT SPACE

PILATES APPARATUS IS FOR THE BODY

Absolutely **NO** keys, bags, phones, shoes, or any other objects of any kind on ANY Pilates apparatus- **NEVER EVER!** There are cubbies, coat racks, key ring hooks, and bins provided for your use- **USE THEM!!!**

1. RESPECT THE SPACE, DISCIPLINE, METHOD AND PRACTICE OF ALL PILATES STUDIOS STUDENTS AND TEACHERS

Treat the apparatus, furniture, and accessories as if you paid for them and are responsible for the upkeep and maintenance of everything in the studio.

2. SILENCE YOUR CELL PHONE RECHARGE YOUR LIFE

No cell phones in the Workout space - they are distracting and disrespectful to others in the studio. They should be silenced and stored appropriately.

3. IF YOU GET IT OUT, PUT IT BACK IF YOU USE IT, CLEAN IT IF YOU DO NOT KNOW WHAT IT IS (Or what it does) DO NOT TOUCH IT!!!

4. YOU ONLY GET ONE BODY

Take care of yourself.
Listen to your body, respect it's limitations and work to change it.

5. "THE MIND HOUSED WITHIN A TRAINED BODY EXPERIENCES A GLORIOUS SENSE OF POWER"

Take responsibility for learning all you can.
There are books, DVDs, and other resources inside and outside the studio - acquire them - use them!!!

6. THERE IS NO CAN'T IN PILATES!!!

Take pride in all you do. You will have good days and not so good days - value them both equally - they are your greatest teachers.

PILATES IS FOR YOUR MIND BODY AND SPIRIT

THINK ABOUT WHAT YOU ARE DOING AND HOW YOU MOVE

PAY ATTENTION TO WHAT YOU TELL YOUR BODY AND WHAT IT TELLS YOU

*ENJOY THE STRETCH STRENGTH AND CONTROL
THAT PILATES BRINGS TO YOUR BODY!!!*

M2M Studio

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