



REFORMER PILATES SAFETY GUIDELINES

NEW TO REFORMER?

PLEASE LET YOUR INSTRUCTOR KNOW BEFORE CLASS SO
THEY CAN GUIDE YOU SAFELY.

GRIP SOCKS REQUIRED

GRIP SOCKS MUST BE WORN DURING ALL PILATES CLASSES FOR
SAFETY AND HYGIENE.

TELL YOUR INSTRUCTOR

PLEASE INFORM YOUR INSTRUCTOR OF ANY INJURIES, MEDICAL
CONDITIONS, PREGNANCY OR ANYTHING THAT MAY AFFECT YOUR
ABILITY TO TAKE PART.

LISTEN TO YOUR BODY

STOP IMMEDIATELY IF YOU FEEL PAIN, DIZZINESS, DISCOMFORT OR
UNWELL, AND LET YOUR INSTRUCTOR KNOW.

FOLLOW GUIDANCE

ONLY USE THE REFORMER, SPRINGS, STRAPS AND PROPS AS
INSTRUCTED BY YOUR TEACHER.

SUITABLE CLOTHING

WEAR COMFORTABLE CLOTHING THAT ALLOWS YOU TO MOVE
FREELY AND SAFELY ON THE EQUIPMENT.

KEEP AREAS CLEAR

PLEASE KEEP PERSONAL BELONGINGS AWAY FROM REFORMERS AND
WALKWAYS TO AVOID TRIPS.

CLEAN AFTER CLASS

PLEASE WIPE DOWN YOUR REFORMER AND ANY EQUIPMENT USED
AFTER YOUR SESSION.