



WELCOME TO GOODLIFE FITNESS STUDIO!!!

OUR HOUSE RULES & IMPORTANT INFORMATION

- **MEMBERS/VISITORS : COMPLETE A MEMBERSHIP FORM, A PHOTO/TESTIMONIAL RELEASE (IF APPLICABLE) AND A HEALTH QUESTIONNAIRE IF YOU HAVE ANY NOTABLE HEALTH ISSUES OR CONCERNS.**
- **CLASS RESERVATIONS ARE RECOMMENDED. RESERVATIONS ON OUR WEBSITE WITH MINDBODY, OR SIGN-IN DIRECTLY WITH A MINDBODY APP. IF YOU ARE HAVING ANY DIFFICULTIES, CONTACT THE OFFICE FOR ASSISTANCE.**
- **GoodLife only has 1 Guest Parking Space and a Handicapped Parking Space PLEASE PARK IN THE MEDIAN PUBLIC PARKING ON THE LEFT BEFORE THE STUDIO**
- **BRING CLEAN GYM SHOES FOR CARDIO AND STRENGTH CLASSES.**
- **DO NOT WEAR PERFUME OR HEAVILY SCENTED CREAMS TO ATTEND CLASS.**
- **CLASS PARTICIPANTS SHOULD NOT TOUCH THE AC THERMOSTAT. ONLY STAFF ARE ALLOWED TO ADJUST THE THERMOSTAT.**
- **NO OPEN CONTAINERS/GLASSES. A WATER FOUNTAIN IS IN THE STUDIO.**
- **CELL PHONES TURNED OFF OR RINGER & NOTIFICATIONS ON SILENT MODE.**
- **SANITIZE STUDIO MATS AFTER USING AND EQUIPMENT BEFORE PUTTING AWAY.**
- **PRICES AND CLASS SCHEDULES SUBJECT TO CHANGE. CHECK OUR WEBSITE FOR CLASS SCHEDULE UPDATES WWW.GOODLIFEFITNESSVERO.COM**
- **NO FREEZES FOR ANY MEMBERSHIPS WITH THE EXCEPTION OF ILLNESS OR SURGERIES. FREEZES ARE NOT ALLOWED FOR VACATIONS OR TRAVELING.**
- **OUR OFFICE IS STAFFED PART-TIME. OFFICE APPOINTMENTS ARE AVAILABLE.**
- **BE PUNCTUAL FOR CLASS. IF YOU NEED TO LEAVE EARLY, NOTIFY THE INSTRUCTOR.**
- **IF YOU ARE SICK PLEASE DO NOT ATTEND CLASS AND EXPOSE OTHER PARTICIPANTS.**
- **WE SELL A VARIETY OF FITNESS ITEMS IN OUR OFFICE.**
A FEW ITEMS INCLUDE: GOODLIFE FITNESS T-SHIRTS, CBD CLINIC CREAMS FOR PAIN-RELIEF, FOAM ROLLERS, STRETCH STRAPS, MASSAGE GIFT CERTIFICATES AND MORE!!

ENJOY THE CLASSES!!! WE ARE HOPING YOUR GOODLIFE EXPERIENCE WILL MEET AND EXCEED YOUR EXPECTATIONS! THANK YOU VERY MUCH FOR JOINING US!

THE GOODLIFE TEAM AND PEGGY HAMILTON, OWNER