



Policies and Principles

1. Join us in creating a safe environment for all women that is free of racism, oppression or discriminatory practices.
2. Athletic shoes should be worn in the Circuit Training Area at all times. For our members health and safety please make sure your shoes are clean.
3. Please respect the massage and counseling room area as a Quiet Zone so that members receiving services can relax.
4. The Women's Wellness Center is a fragrance free facility. Be sure to wear products with minimum or no fragrance in order to respect members with allergies and other health issues.
5. Should you need to cancel or reschedule a service appointment (Massage, Reiki, etc.), please do so 24 hours in advance. The members who could use your spot will appreciate your consideration and you will avoid being charged the \$30 late cancellation/no-show fee.
6. We ask that you do not use any substances that would impair your ability to safely operate our equipment.
7. Our goal is to create a positive and respectful community for all to enjoy. We are committed to addressing disruptive behavior to keep your environment comfortable and safe.

Thank you for your mutual respect.