



Welcome to the MAKARIOS FITNESS FAMILY

- Achieve an understanding that programs are designed to identify, correct imbalances , stimulate, develop and be progressive in nature.
- Be timely for scheduled sessions.
- Water and towel service is provided, please place used items in provided receptacles.
- Proper sports wear required.
- Wear proper gym shoes for proper traction and for safety and hygiene issues.
- Changing area provided, please do not use studio to change clothing.
- Place bags and personal items in provided areas.
- Respect one another and refrain from profanity and negative all negative behaviors.
- Some types of sessions will be shared, please be aware of those around you as well as equipment being used.