

Welcome to Positively Fit!
Bowen Island's Boutique Fitness Studio

Before planning your workouts,

Please check our schedule

<http://positivelyfit.ca/schedule/>

*The Studio is closed during
scheduled group classes.*

*Please remove your outdoor shoes & sign in
with full name.*

*Clean, indoor shoes are required. You may choose to
leave your shoes in the bathroom closet, laces tied,
labeled with shoe tags provided.*

Untagged shoes will be removed.

Please wipe down equipment and mats after use.

*Be respectful of others when choosing music, TV and
volume levels.*

*If someone is waiting, please limit your use of cardio
equipment to 20 minutes.*

Before you leave, lights off, windows closed, stereo off.

Enjoy your workout!