

Re-Open Protocols & Social Distancing Guidelines

- All sessions will require online, advance registration. All sessions will have limited capacity.
- If you are experiencing any symptoms related to COVID-19 or anyone in your household is ill, please stay home.
- You may wear a face mask or covering if you wish, but it will not be required.
- All staff will be required to wear face masks while working.
- Have a large beach-sized towel & a smaller "sweat" towel in order to workout. The large towel will be for you to lay on for floor exercises & the "sweat" towel will be for you to wipe your sweat :)
- Members will enter the facility one at a time & announce your name to the admin to be signed into class. Please wait outside the entrance until the session before has ended & all members have exited.
- Please sanitize hands before entering the studio. A hand sanitizer dispenser will be provided.
- No sharing of any equipment, and once inside please maintain your safe, social distance.
- You will have your own 7x7 workout space throughout the session & your own set of equipment.
- Disinfectants will be provided to spray/wipe down equipment before & after use.
- We encourage you to wash hands frequently.
- Refrigerators are closed for now. Please ask your admin if you wish to purchase water or pre-workout.
- Product can be purchased in the front area; 1 member at a time. If possible, please let the admin know what product you wish to purchase before your session so they can run your payment during class & have it ready to go as you end your workout.
- At this time, all kid pits will remain closed.
- All equipment, workout spaces & bathrooms at all locations will be cleaned and sanitized multiple times every day.