A close up of a sign

Description automatically generated

Re-Opening Guidelines for June 2020: FITNESS CLASSES

1. Participants must complete a questionnaire prior to participation in classes each month.
2. Small group classes of 8 students or LESS ONLY will be held.
3. Bring the payment for class participation in the form of check OR exact change in a sealed envelope and drop in the Dropbox located inside our studio lobby. We can also take payments over the phone if needed.
4. Child-care will NOT be available this month.
5. Hands must be sanitized prior to participation.
6. We will not require the use of masks, but we will require 6’ apart social distancing.
7. There will be no physical contact during instruction.
8. Free weights and individual equipment only will be used at this time. If participating in Kickboxing, please bring your own gloves.
9. Hands and any equipment used must be sanitized following participation by the individual using it.
10. The room and/or any equipment used (such as: mats, ballet barres, sparring equipment, etc.) must be sanitized by staff members following each class held.