

We are so grateful to everyone who has supported us both in studio and online during these challenging times. We will continue to do our best to service you in a safe and healthy environment. Thank you for your cooperation and understanding.

**COVID- 19 STUDIO PROTOCOLS**

* All Clients and trainers, regardless of vaccination status, are required to wear a mask (as of 8/3/21)
* If you are sick or exhibiting any symptoms of Covid please do not come to your appointment.
* If you have been exposed to anyone, confirmed or assumed to have Covid in the last 14 days, please do not come to your appointment
* We ask that you do not attend any session for at least 14days after exposure or positive diagnosis.

O**ur Health and Safety measures include:**

* We disinfect all high touch surfaces after every session, following the CDC guidelines
* All windows and doors will remain OPEN while anyone is in the studio to maximize air flow
* We will continue to run our AIR DOCTOR air purifier while people are in the studio
* Hand sanitizer, and masks are available at the studio for use

**Studio Safety Protocols:**

* Please wait outside prior to your appointment, until your instructor invites you in. (you may also wait in your vehicle and text your instructor). No early admittance to studio prior to scheduled session/class time to allow for previous clients to leave.
* Clients and instructors must wash there hands or sanitize prior to each session.
* Please wear socks during your session
* All sessions are approx. 50 minutes long to allow time for the equipment to be cleaned and reduce contact between clients.

We will continue to monitor and update our protocols according to local, state and federal guidelines in an effort to support everyone’s health and safety. Thank you for your continued support!