



COVID-19 UPDATED POLICIES AND PROCEDURES

The following processes and procedures have been updated to meet CDC and state COVID-19 standards in order to keep our clients and instructors healthy:

- Front door will be locked after our warm-up, however our back doors will be open to help with ventilation
- The studio will be disinfected after class with hospital grade and COVID approved disinfectant
- Clients are asked to sanitize their hands immediately before and after class
- Clients are asked to bring their own mats
- Socks will be required
- We will practice social distancing; there will be a marked spot to stand by the barre to allow for proper spacing
- **We have updated our late cancellation/no show policy.** You have up to 3 hours prior to class to cancel; anything after this will result in a late cancellation fee of \$15.00. This charge also applies if you sign up for a class and choose to not cancel/not attend. If you used a class from a package, you will lose the class. For our 5am classes only, you must cancel prior to **9:00PM the night before the 5am class.**
- We will not accept social media messages, text messages or phone calls for cancellation of classes. You must cancel the same way you scheduled.
- There will be no sweat towels provided, if needed please bring your own and keep with you during the workout.
- You will be required to clean off your equipment after the class is over and keep equipment at your station
- Door will open no earlier than 10 minutes start of class, we will have your stations disinfected and ready for you upon arrival to eliminate a cluster of people in the back room.
- Positive vibes ONLY 😊

By signing this form; I agree to the above changes and new late cancel/no show policy. I understand I have three hours prior to class to cancel if I cannot attend.

PRINT NAME _____ DATE _____

SIGN NAME _____