STUDIO 4
GUIDELINES & EXPECTATIONS

- Group exercise classes will be limited to a maximum capacity to allow for physical distancing; studio floor is marked for equipment placement and set-up.
- Group exercise classes are on a first come first served basis; reserving space prior to class for yourself or others is prohibited. Please refrain from setting up equipment no sooner than 15 minutes prior to class.
- Children under the age of 11 are not permitted to take a live or virtual group fitness class, be in the studio, or be waiting outside of the studio unsupervised while a class is in session.
- Class participants will maintain a minimum of 6 feet of physical distance while in the studio.
- Class participants are encouraged to wear a face covering when physical distancing is not possible.
- Class participants are encouraged to bring their own equipment such as mats or bands if possible.
- Sanitation and cleaning supplies will be provided for members to disinfect equipment before & after use.
- Plan your workout ahead of time to avoid the locker room, come dressed and ready to workout, and plan to shower at home if possible.
- Towel service is suspended; please bring your own workout towel.
- Water fountains will only be available for bottle filling. Members are encouraged to bring their own water bottles.
- Ceiling fans will be inactive. No personal fans are permitted. Studio temperature will be kept at a comfortable level.