



We are excited to welcome you back to our studio for in-person Pilates sessions, Physical Therapy, Gyrotonics, and Massage.

Your and our staff's safety, well-being and comfort is paramount in the planning of our phased re-opening. We have developed a plan and procedures with that goal in mind:

- In the initial phase, we will be open for private Pilates sessions, semi-private Pilates Machine classes, Physical Therapy appointments and massage only
- Expanded group classes will be available virtually
- Staff and clients will need to be symptom free and have had no recent contact with an infected person before attending any session
- Anyone coming into our studio will be required to wear a protective face mask
- Appointments will be limited to 50 minutes to allow time for sanitizing
- Appointments will be staggered to limit occupancy and allow for proper distancing
- Please arrive on time for your appointment and leave promptly to limit your presence at the studio to your appointed time
- Everyone will be required to sanitize their hands upon entering the studio. Hand sanitizer, soap and disposable gloves will be available for use
- Please remove your shoes upon entering. We request that you wear socks, while at the studio. We will have gripped socks for sale, should you forget to bring some.
- There will be limited access to dressing rooms for the time being, so please bring as little as possible with you. We will provide small bins for your personal items that you can keep with you, as you move through our space. The bins will be sanitized between each use.
- Please bring your own towel if you like to have one for your session
- All common surfaces will be continually cleaned and sanitized throughout the day
- Please have a credit card on file for payment, or if paying by check or cash, bring your payment in an envelope and leave it on the front desk for no contact payment. This is also a good time to make sure that your contact information is up to date.

June 2, 2020