

PROCEDURE FOR ATTENDING CLASSES AT FLEX PILATES STUDIO

We are re-open for classes from 17th May 2021 and you can rest assured that we will do everything possible in our power to keep the studio and clinic covid secure to protect you and our staff which is of the upmost importance to us over everything else.

This will involve:

- 1) Socially distanced queuing outside the studio,
- 2) Allowing a maximum of 2 people in reception at a time (2 designated areas)
- 3) Giving clients a sanitized box to put all their belongings in - this will be taken in to the studio with you and brought out at the end
- 4) Having a designated area within the studio to stand for class (this will be socially distanced to other members)
- 5) Bringing your own mat, head support and water bottle
- 6) Face masks to be worn as you enter and leave the studio
- 7) Instructors will now sign you in to class
- 8) Reversing the procedure to leave the studio 2 at a time and socially distanced
- 9) Full clean down between classes
- 10) Reduced number of participants in classes and staff on premises.
- 11) Deep sanitization clean of studio every week.
- 12) Covid liability form to be completed by all members who intend to use the studio.
- 13) We only take card payments via Mindbody for all services and products.

This list is not exhaustive and may be amended to include additional procedures set out by the government in order for us to reopen.