





SELF-CHECK BEFORE YOU COME TO STUDIO

If you have tested positive for COVID-19 or have been in close contact with someone who has, we ask that you not come to the studio for 14 days or until you have tested negative.

 <p>COVID-19 (Novel coronavirus)</p> <ul style="list-style-type: none"> • Cough • Fever or chills • Shortness of breath • Loss of taste or smell • Tiredness • Headache • Body aches • Sore throat <p><i>(Sometimes there is runny nose, nausea, vomiting, diarrhea)</i></p>
 <p>FLU (Influenza)</p> <ul style="list-style-type: none"> • Fever or chills • Cough • Body aches • Tiredness • Sore throat • Vomiting or diarrhea <p><i>(More common in children)</i></p>
 <p>COMMON COLD</p> <ul style="list-style-type: none"> • Runny or stuffy nose • Sore throat • Chest congestion • Mild cough • Sneezing • Mild body aches
 <p>ALLERGIES</p> <ul style="list-style-type: none"> • Runny or itchy nose • Sniffing • Sneezing • Itchy, watery eyes

Now with the change of seasons, per our Medical Director, Dr. Julie England, we kindly ask that if you are experiencing any respiratory symptoms (cold, allergies, flu as shown), we ask that you do not come to the studio until you are completely symptom free.

Even something as simple as nasal congestion can be difficult to discern (cold, flu, Coronavirus).

You can enjoy one of our Energy online Facebook workouts!

As always if you are experiencing fever, shortness of breath, nausea or vomiting, please stay home and contact your doctor.

🌐 **BOOK YOUR CLASS/SESSION VIA OUR SCHEDULING APP, MINDBODY, OR ONLINE ENERGYPILETESFITNESS.COM "SCHEDULE".**

👉 **NEW GUESTS!** \$25 "JUST TRY US" one week of unlimited group fitness* (*restrictions apply; visit our website to learn more). One class is \$25; we also offer VIP membership, punch cards and online Energy streaming.

- **12-hour cancellation policy.** As stated, it is important to not only cancel your reservation, but to check to see if your waitlisted reservation has been confirmed. **Any cancellations made not made within the 12-hour window will be charged \$25.**
 - **"No-shows"/Non-Cancellations.** If you do not show up for your class or small group session, and/or not cancel your reservation (this **includes** any waitlisted confirmations), our system will charge your account the class drop-in fee of \$35.
 - Should you receive your waitlisted confirmation with not enough time to make it to class, you are **NOT** charged a cancellation fee; however, please cancel your reservation.
- » Please wear a mask when you enter the studio. You **may remove the mask** when you work out/train.
- » We are not providing yoga mats at this time. If you would like to bring your yoga mat or hand weights, feel free. Since our floors are padded, mats are **NOT** needed.
- » If you need weights, grab a set in the front foyer, or ask your instructor. Please do not enter the storage closet of equipment.
- » **ARRIVE PROMPTLY. Our doors lock 5 minutes after the start of a class/session.**

🌐 **WHEN YOU ARRIVE**

- » Please always be aware of a six-foot distance as you enter the studio (markers are placed throughout the studio).
- » Wash your hands upon arrive in the restroom or use hand sanitizer which are placed in the main foyer and hallway.
- » Place your belongings in a cubby.
- » Walk to the **FURTHEST** "E" SPOT on the floor, from the door.
- » **After class**, your instructor will instruct members and guests to exit **one-by-one** beginning with the person **CLOSEST** to the entry door; and

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- » **Please gather your belongings promptly to allow everyone to exit in a timely fashion. Feel free to use our back studio for chatting!**

STUDIO CHANGES

- » All staff are required to do self-check before they enter the studio. We have a non-touch thermometer to use should we feel the need to take a temperature of a staff member.
- » Should an instructor/trainer not feel well or have a cold, they **WILL NOT BE TEACHING/TRAINING** and the class/session may be cancelled.
- » We have more tissue, wastebaskets and sanitizer located throughout the studio.
- » We will not be doing any hands-on corrections at this time.
- » The hallway door and restroom door will remain open for convenient non-touch ease of flow.
- » We are fortunate to have ceiling fans and windows to open in the main studio. For classes *that may need more* ventilation, and depending on weather, we will open windows as necessary and use ceiling fans in both studios. **Dress in layers!**
- » Our water fountains are temporarily closed. Please bring your own water, or Energy has water for sale.

CLEANING OF EQUIPMENT

- » We have a limited schedule for now as we need to allow ample time between classes and sessions to clean and sanitize the studio and equipment.
- » We are using CDC-approved and recommended cleaning products.
- » If you are using Energy's weights or equipment in class, simply leave everything on the floor in the studio for our staff to clean.
- » If you bring your own equipment, please bring your equipment home to clean. Our staff cannot clean your equipment.
- » **We have purchased HEPA air purifiers to be used in each of the studios. HEPA filters work by trapping and removing 99.97% of particulates including viruses from the air. This reduces the risk of transmission for not just COVID-1, but seasonal cold and flu as well.**

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FRONT DESK

- » Our front desk now has plexiglass. You are always welcome to visit us.
- » Please shop our retail area, simply maintaining a six-foot distance.
- » Retail cannot be tried on at this time, but you may return any non-worn purchases for a refund within seven days of purchase.

If there is ANYTHING else we can do for you to make you more comfortable, please let us know.