

SELF-CHECK BEFORE YOU COME TO STUDIO

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

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've tested negative.

If you are experiencing any of the above symptoms. Please do not come in, call your doctor and return when you are well. [You can find a list of other symptoms at www.cdc.gov.](http://www.cdc.gov)

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

👉 *Should you not be able to make your class, please cancel your reservation. Due to many classes having waitlists, please cancel your class ASAP to allow enough time for waitlisted people to attend the class. **Any uncancelled reservations will be charged \$25.***

👉 ***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.*

» 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 will 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.

» Your instructor/trainer will instruct you on the new procedures before you head into your class/session.

» You can place your belongings in a cubby or bring them with you and set near the wall near your "E" spot.

» 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.

continued on next page

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.
- » 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 so 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.
- » Our water fountains are temporarily closed. Please bring your own water, or Energy has water for sale.

CLEANING OF EQUIPMENT

- » We will have a limited schedule for now as we allow ample time between classes and sessions to clean 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.

FRONT DESK

- » Our front desk now has plexiglass. You are always welcome to visit us.
- » You may also shop in the retail area, 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.