

CORONAVIRUS (COVID-19) SAFETY REQUIREMENTS

Must be followed at all times when facility is occupied.



**Minimum of 6 Feet with Facial
Covering Required**

- Barre work for dance classes – Low to Medium Intensity
- Chair Fitness
- Martial Arts (Singles unless members of same household)
- Pilates - Low Intensity (Bring your own equipment and/or props)
- Selectorized gym equipment workout
- Strength Training – Low to Medium Intensity
- Yoga - Low Intensity (Bring your own equipment and/or props)

Note: These activities may be performed without a mask if a minimum of 10 feet is maintained between individuals.

Physical contact will be prohibited between any individual within the facility unless individuals are members of the same household. If an instructor must come within 6 feet of a student, the instructor must wear a facial covering.