

Studio/Client Procedures from Arrival to Departure for indoor class participants:

1. Enter the studio sanitize your hands and then proceed to the bathroom or sink in workout area and wash your hands for at least 20 seconds.
2. All personal belongings must be put in a locker. If you need a locker, sanitize the locker and key with a wipe located on the left if you prefer, place the items in locker.
 - a. If you are doing a reformer class, we do have some cubbies (4 of them) you can use, just sanitize when you are done.
3. Grab water and towel if needed. You can't drink from the drinking fountain, that is prohibited at this time.
4. If you are arriving for a group fitness class make sure that the previous class has left before entering and then enter to the furthest spot in the room.
 - a. For yoga classes:
 - i. the instructor will let you know if bolsters are needed and you will then place the clean covers on your bolsters you will be using. The covers are in the closet on the left shelf.
 - ii. We ask that you bring your own strap or purchase one at BFL for \$10
 - iii. Please take your shoes off outside the room and put on the shoe mats
 - b. Place space yourself between others.
5. If you are arriving for a group reformer class make sure that the previous class has left before entering and then enter to the furthest reformer in the room.
6. After class you will be asked to sanitize everything you used. There are wipes and spray and towels in each classroom. If you are not sure of proper protocol, please ask the instructor.
 - a. For yoga classes
 - i. All blankets and covers will be placed in laundry bins outside the room.
 - ii. The yoga blocks will use sanitized with the fogging machine by the instructor so please leave those on the floor so they know which ones to fog..
7. Collect your belongings from the lockers.
8. Wash and/or sanitize your hands after you have completed your class.