

Studio/Client Procedures from Arrival to Departure for clients working with a trainer for a private session:

1. Enter the studio sanitize your hands
2. Proceed to the bathroom or sink in workout area and wash your hands for at least 20 seconds.
3. 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 want, place the items in locker
4. Grab water and towel if needed
5. If you are arriving for a private training session you can use the cardio machines before or after please sanitize the machine before and/after.
6. Sessions are 25 or 55 minutes to allow time for the staff to sanitize and wash their hands.
7. If you are not doing cardio before a private training session, we ask you to socially distance while you wait for the trainer to be ready. They will need to sanitize everything from the previous session and wash their hands before they are ready. They will reach out to you when they are ready to start.
8. Upon completing your session, the trainer will sanitize everything used in the session
9. Please wash your hands after completing your session.
10. Collect your belongings from the lockers