

Guidelines for In-Studio Classes

Attending an In-Studio Class

Please do not come to class if you're feeling ill, running a fever, or have been exposed to anyone with COVID-19.

1. There will be a limit of 6 students per fitness class, and 9 per yoga or pilates class.
Upon arrival, wait socially distanced outside the studio, one student enters at a time.
2. Use hand sanitizer provided and move to your area in the room with all your props.
3. There will be no drop-ins. Pre-register for the 4-class series online at fitjourney.ca.
4. Masks are to be worn upon entering and leaving the studio. Disposable masks will be provided, as will disposable gloves for those using the TRX.
5. Bring your own water bottle. The water fountain and kitchen will not be available.
6. Bring the props you require for yoga, as no props will be provided by the studio. Props are available for purchase (new, or used/sanitized).
7. Bring clean indoor shoes, your own mat and a towel for fitness. Kettlebells, free weights and other equipment will be provided (disinfected pre and post class).
8. The washroom will be available if needed. The foyer is marked for social distancing, and you must sanitize everything you touch, including doorknob, light switch, etc.
9. Arrive for class not more than 10 minutes prior, and please depart within 5 minutes after class so sanitization can be done.
10. Maintain a social distance of 2 metres between yourself and others at all times. Student placement is marked for all classes, ensuring individuals will be 8 feet apart during their workout or practice.

During Class

1. Move into the practice area in an orderly way, maintaining social distancing.
2. Yoga: place your mat and props in one of the marked areas, top of the mat aligned with the blue tape
3. Fitness: move into your taped area and stay in the centre of it as much as possible.
4. Teachers will not be offering hands-on adjustments, or props.

After Class

1. Spray all equipment and surfaces used with our UltraLyte disinfectant spray. UltraLyte is on Health Canada's approved list for disinfectants effective in killing COVID 19 virus.
2. Use the hand sanitizer again
3. Put on your mask, and exit in an orderly way to maintain social distancing

Reservation & Make-ups

1. **Reservation:** There will be a limit of 6 per fitness class, and 9 per yoga or pilates class. All our in-studio classes will be 4-week pre-register series'. All reservations for classes are done online via www.fitjourney.ca There are no drop-ins.
2. **Make-ups:** If you miss a class, you can do a make-up within the 4-week time period of the series, at a comparable online 'livestream' class. Please contact Sandy to arrange this.