

REOPENING GUIDE

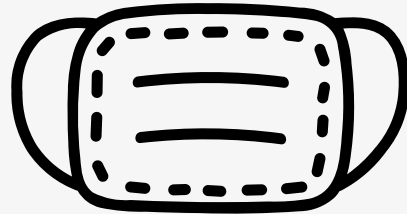
MOVE IT

WHAT TO WEAR

Masks are required for **EVERYONE** at all times in the studio. We have extra masks available, for free, if you forget your mask.

Grip socks are required so make sure to bring yours or be ready to purchase in-studio.

If you feel more comfortable wearing gloves, feel free to. We'll have workout gloves available for purchase later in July.



WHAT TO BRING

Please keep your personal belongings to a minimum. A small bag with keys, phone, ToeSocks, and water should be all you need!

REOPENING GUIDE

MOVE IT

WHAT TO DO

- Stay home if you feel sick!
- Reserve your spot ahead of time (6 hour window). CLASS SIZES ARE LIMITED AND NO WALK-INS WILL BE ALLOWED.
- Arrive 10 minutes before class (NO LATE ENTRY).
 - LANCASTER STUDIO - GO UP THE STAIRS INSTEAD OF ELEVATOR.
 - LITITZ STUDIO - ENTER THROUGH STUDIO A DOORS INSTEAD OF LOBBY.
- Wear your mask and respect the recommended 6 foot distance.
- Wash/sanitize hands upon arrival.
- After checking in and having your temperature taken, find an open mat.
- Stay at your station for the duration of class.
- After class, use the disinfecting spray provided to spray down all equipment used. The cleaner will air dry for maximum sanitization.
- The teacher will dismiss one at a time to allow for everyone to wash/sanitize hands before exiting.

REOPENING GUIDE

MOVE IT

WHAT WE'RE DOING

- Staying home if we feel sick.
- Taking our own temperature upon arrival.
- Washing/sanitizing hands upon arrival and exit.
- Wearing masks.
- No longer offering manual cues (physical adjustments).
- In addition to our usual cleaning, teachers will use hospital grade disinfectant on all equipment before clients arrive and will spray again along with surfaces (doorknobs, etc) before leaving.
- Offering you three different ways to take class: in studio, in studio with livestream, and Move It at Home (virtual only).