

CORONAVIRUS SAFETY MEASURES

Please read completely for your safety and Pilates health.

1. If you are not feeling well or have been exposed to the COVID-19, please contact me. Stay home to keep you and our community safe.
2. To keep the 6 feet of distancing, stay in your car until 5 minutes before your session.
3. I have removed and organised the studio. This will help me to keep and sanitize the items we use. The restroom will be cleaned and sanitized daily. There is clorox wipes if you wish to use them. Remember to wash your hands for 20 seconds
4. SESSION'S SAFETY PROCEDURE
 - A. Sanitize hands before you enter the studio. Hand sanitizer is provided outside the door.
 - B. I require face masks and pilates socks. I do have sanitized items for you to borrow.
 - C. Gloves are encouraged and a few are available at the studio.

THANK YOU FOR YOUR UNDERSTANDING AND PATIENCE.

TOGETHER WE CAN STAY SAFE AND PILATES HEALTHY.