

Corona Virus/COVID-19 Plan

Gyrotonic® Ventura

All 4 entrance/exit doors will be open prior to and during sessions for increased ventilation.

Daily private sessions will be scheduled to allow a 15-minute gap for cleaning protocol for client and supervisor/teacher.

At the door a No touch thermometer check before start and confirmation of wellbeing for client.

All COVID-19 CDC recommended sanitizing products and shall be presented at main entrance door and supervisor/teacher will request hand washing with soap and water.

Corridor to the 2 restrooms will be kept clear and limited to single person passage from either side.

All equipment in use will be cleaned before and after individual use by client and additionally once more by the teaching staff at the end of day.

Spray bottles with recommended sanitizing solutions and cleaning cloths will be provided.

Clients will be encouraged to wear masks, gloves and grip socks and bring bath size towel for use on Pulley Tower benches.

Teacher shall maintain wearing a mask, keeping 6ft. distance and limit instruction to verbal cueing as much as possible.

Clean studio towels will be provided to cover pillows or any accessory that is porous.

All equipment will be spaced that allows for 6ft. distance including movement in the exercise sequences.

Scheduled sessions will limit clients to no more than 4 at a time not including teacher and will sanitize any specialized piece of equipment i.e. JSB, Archway, Gyrotoner immediately after using during the session.

Group classes shall be limited to 4-6 participants at one time not including teacher so as to allow 6ft. distance for stationary placement and exercise movement.

Owner and contributing staff will communicate daily through phone or on site as to the effectiveness of Plan and any issues needing attention or improvement.

As a consideration for safety, the 24-hr. cancellation policy will be suspended temporarily.