

ATTN. MEMBERS: CLASS PROCEDURE UPDATES

We need your help to help stop the spread of corona virus and keep our studios safe! Please keep the following things in mind:

REGISTRATION

- There are now 4 CLASS OPTIONS:
 - **IN STUDIO** (8 MAX) – *Only* register for this option if you are attending class **IN THE STUDIO** AT THE GYM. Registration closes 30-minutes prior to the start of class. **NO LATE ADMITTANCE** will be permitted. Please plan to arrive no more than 15-minutes early to set up any equipment needed.
 - **ZOOM** – Register for this option if you are attending class VIRTUALLY from your home. Registration closes 15-minutes prior to the start of class and you'll receive your **ZOOM** codes approximately 10-minutes before class starts. **ZOOM** classes that will also be **VIDEO** will be noted on the Class Schedule.
 - ***24HR VIDEO*** or ***48HR VIDEO*** - We are keeping our popular **VIDEO** option for those that need a little more flexibility in the time of your workout. Registration closes 15-minutes prior to the start of class and sent via email with a video link. You will have video access for 24 or 48 hours as noted on the Class Schedule.
 - **OUTSIDE WEATHER PERMITTING** will be held in our parking lot and will be open to 24 participants. Determination for acceptable weather conditions will be made 2-hours prior to the start of class. If it is determined that class should be indoors, all participants will be notified via email. The **FIRST 8** participants to register for class will be moved to an "IN STUDIO" class listing and will be able to attend the live class.

STUDIO CHANGES

- Participants will be asked to clean your selected equipment during set-up and also at the end of class and everyone is required to put away their own equipment.
- Masks are recommended but not required.
- We are SOCIAL DISTANCING in classes. Please use the marks on the floor as a guide to keep 6-feet apart.
- **NO LATE ADMITTANCE** will be permitted to avoid participants crossing in front of each other during vigorous breathing.
- **NO shared equipment** or "circuits" are allowed.
- **BRINGING YOUR OWN MAT** is highly recommended.
- To prevent the spread of corona virus, we will **NOT** be using fans in the studios for the time being.
- Cycle & Senior classes will be added in the week of June 15th.



We will be reevaluating the schedule on a weekly basis, making changes and additions as needed, while we adjust to our "new normal". We welcome your feedback and appreciate your patience during this process. Our biggest priority is the safety of our Staff and Members. Please email Jennifer with any questions, feedback or concerns: jberry@healthclubatsouthpointe.com

THANK YOU for being part of our community – we are excited to see YOU again!