



WELCOME!

We are operating in accordance with the COVID-19 health and safety guidelines of our California state and local county governments, which do place limits on some of our services and amenities.

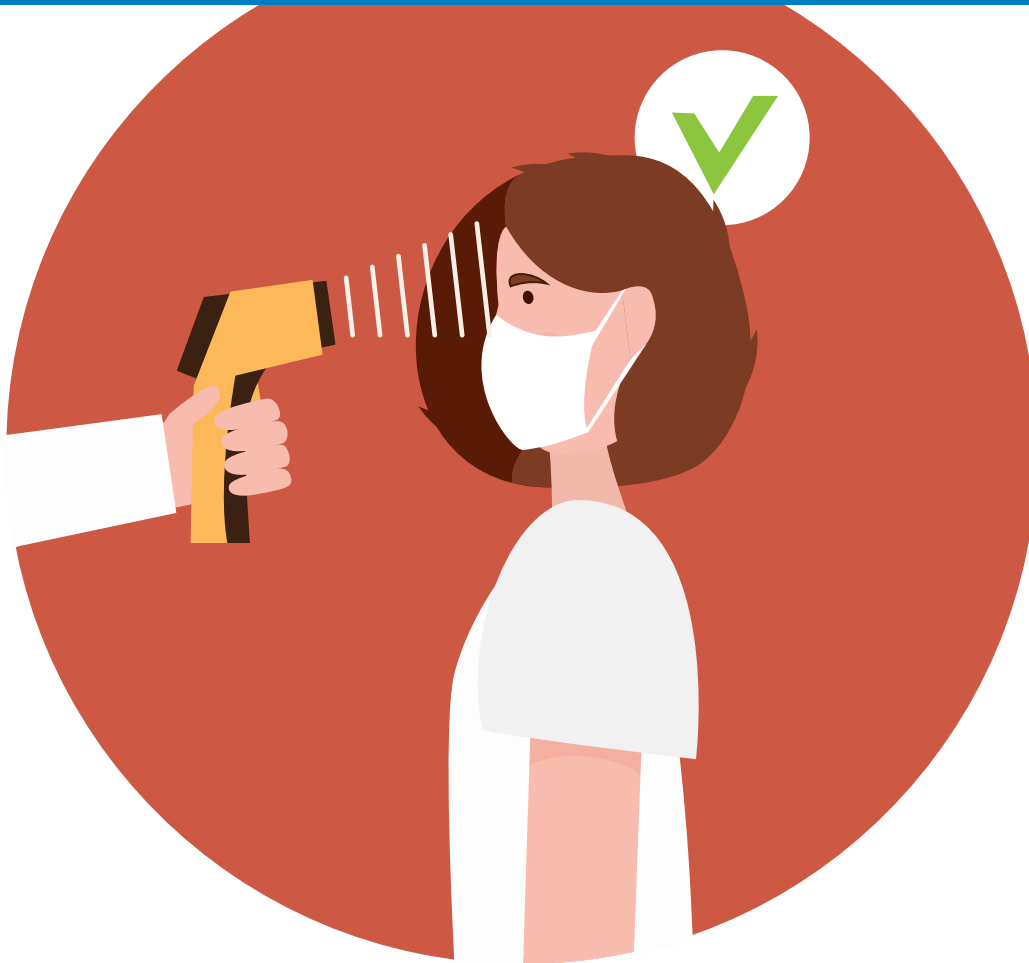
However, our pledge to you is to deliver our best training experience to address your needs.

Please let us know immediately, if you have any questions or concerns.

Training Center Facilities

- ▶ 70%+ alcohol-based disinfectant is in use on all contact surfaces.
- ▶ Before and after each class, door handles, surfaces, weights, equipment will be disinfected.
- ▶ Disinfectant spray & towel provided for you to wipe down equipment before your class/session.
- ▶ Practice appropriate distancing as indicated by wall and floor markings.
- ▶ Water. Touchless water bottle re-fill available. Bring your re-fillable bottle. Refrain from using fountain.
- ▶ Limited locker space is available for personal item storage. Do not leave coats/jackets/purses/bags/ personal items on massage tables.
- ▶ Temporary discontinuation of the following amenities:
 - Showers • Towel service • Gum • Personal care items, hair ties, mouth wash, Q-tips





Temperature Checks & Health

- ▶ Mandatory temperature check for everyone upon entry to the training center.
 - Temperature must be < 99.9F to train
 - Temperatures > 99.9F, wait 7 days before returning
- ▶ Mandatory temperature check for all staff prior to and at the end of each working shift.
- ▶ Face masks will be worn by all staff members.
- ▶ If you have a cough, fever or any COVID symptom, stay home. Return only after you are fever and symptom free for at least 7 consecutive days.
- ▶ If you or someone you know tests positive for COVID-19, please inform us immediately. Self-quarantine for at least 14 days or present a COVID-19 negative test, before returning to the training facility.

Check-In

- ▶ Book your class in advance using the MindBody Connect app on your phone or call the front desk to make your reservation.
- ▶ For those of you without a smart phone, please let our front desk staff know when you arrive and they'll check you in.
- ▶ Class size limits will be strictly followed.
- ▶ Cancel your session 24 hours in advance, if you cannot attend.

