

STUDIO PROTOCOLS

Ensuring the safety of our Momentum Pilates community is of utmost importance and we will all have to work together to keep everyone healthy. In accordance with government regulations and industry best-practices, here is what we will be doing and what we will be asking you to do:

- Carefully read the COVID-19 Screening Questions contained in the email reminder that you receive the day before your class/session. If you answer yes to any of the questions, please cancel or contact us to re-schedule. We encourage registration/booking to be completed online to avoid unnecessary contact in studio.
 - Plexiglass dividers have been installed at reception. Please respect this and do not attempt to speak around the dividers.
 - We are no longer able to provide cups and water, so remember to bring your own water bottle.
 - Mats will not be provided, please bring your own mat.
 - Clean, freshly-laundered socks (preferably with grip) or clean, indoor exercise shoes (for classes where shoes are optional) must be worn for all classes/sessions. Bare feet are no longer permitted.
 - Please enter building no earlier than 10 minutes before your class/session. Waiting/lounge areas will not be available and gatherings are not permitted before or after classes/sessions.
 - Plastic bins will be provided upon entry. We ask that you place your personal belongings (purse, wallet, keys, sweater, etc.) in a bin and bring to your class/session. During your class/session, this will also provide a place for you to place your mask when not in use.
 - Masks/face coverings must be worn at all times in the studio, EXCEPT during exercise sessions. During a class/session, if you need to leave the room for bathroom break, etc., you must put on your face covering.
 - Masks/face coverings must be worn for Fascial Stretch Therapy sessions.
 - Staff will be required to wear a mask at all times.
 - Hand sanitizer stations will be provided at various locations throughout the studio and must be used upon entry, before class/session and immediately following each class/session.
 - Staff will be responsible for cleaning all studio-owned equipment after each class/session. This will ensure a meticulous and consistent disinfection protocol.
 - The reformers are positioned to allow for ample physical distancing.
 - Cloth straps/loops have been replaced with easy-to-clean vinyl covered straps/loops.
 - The mat studio has floor markers indicating spacing for physical distancing.
- Our waiver has been updated and everyone will have to sign before participation in any class/session.