



Returning to the Studios & Keeping YOU Safe Post COVID-19

In preparation for your return to the studios our Dynamic instructors have undergone COVID safety training and we've also introduced some other safety measures.

How we are keeping you safe

- Class numbers are limited to **8 or below**.
- All Reformers and Studio equipment is spaced out to abide by the new laws.
- Our instructors will use only verbal cueing. There will be 'no hands on' assists.
- Classes will be 50 mins to allow for instructors to perform extra cleaning in between classes (except for CBD & lunchtime classes which are 45 mins).
- Our instructors will continue to use antibacterial WOW wipes and disinfectant spray to clean Reformer beds and studio equipment in between classes.
- We have increased studio cleaning visits from our commercial cleaners.
- Check in will be contactless with the instructor. iPads will not be available for DIY check in.

How you can help keep everyone safe

All classes must be booked and paid online in advance. There will be no walk-ins accepted.

- Please maintain social distancing before and after class
- Please use Antibacterial WOW wipes to wipe down equipment thoroughly after class.
- Please use the hand sanitiser provided before and after each class. We have ample hand sanitiser available at each of our studios.
- Please bring your own socks. We will be operating a 'no socks no class policy'. We also have socks available to purchase if you forget them.
- Please bring your own water bottle.
- If you feel unwell and/or are displaying cold or flu-like symptoms, please cancel your class. Remember our late cancellation policy requires you to cancel your class anytime up to 12 hours before the class starts. After this time a \$10 late cancellation fee will be charged.
- Please make sure that your address and phone number is up to date on MINDBODY. This is for contact tracing in the event of a case.

Welcome back to the studios and thanks for your continued support.