

# **WELCOME BACK!**

## **PLEASE READ THE NEW PROTOCOLS FOR ATTENDING CLASSES**

**Please read the screening checklist and do not enter the gym if you have answered 'YES' to any of the questions.**

**Make sure you have booked your class online using the MINDBODY App, please keep it to 1 class per day so everyone has a chance to get back in and train again. If you cannot make a time/class you booked, please cancel the booking as soon as possible so someone else can use the spot**

**Arrive as close to the beginning of the hour as possible. The class will start ~5-10min into the hour time slot.**

**Try to arrive at the gym in your workout gear to minimize the use of the changerooms. We will not have any loner gloves available so please make sure to have all of your own gear.**

**Use the hand sanitizer at the front of the gym when you enter.**

**The instructor for the class will sign you in when you arrive so there is no need to use the iPads**

**Maintain a minimum 2 meters distance from other students while in the gym. During class, the X's on the floor are 3 meters apart, do your best to stay as close to your X as possible.**

**During class avoid touching your face with your gloves and refrain from touching others (fist bumps, high fives, head butts, etc are discouraged)**

**When your class is finished please take all of your gear and try and be out of the gym by the end of the hour so the next class can start coming in for theirs. This will give us a chance to clean between classes as well**

**Thank you for your patience and understanding it's great to have you all back, Team Smandych**