

Update on Mask Policy

While it is not mandatory to wear a mask while exercising, since the reformers/exercise stations are separated by over 6 feet, we do request that you wear a mask into the studio until you take your place at your exercise station. You should also replace your mask to exit the studio.

Additionally, we request that you do not linger inside the studio between classes, since the space does not accommodate the clients that are coming and going at those times. Please continue any conversations or visiting with other clients outside.

This will help us to follow the Covid guidelines and to ensure everyone's health.

Thank you very much for your understanding.