

Dear Friends and Family of Free Movement Pilates,

We are so excited to announce that Free Movement Pilates, LLC is planning to re-open on Monday, July 6th, so long as the state moves forward with opening phase 4. There has been discussion among small fitness studios about opening up to privates and duets in phase 2, however we made the decision to wait until phase 4, and will be open to small group equipment classes (maximum 4), duets, and private sessions when phase 4 re-opens. It has been a challenging few months for all of us, but hopefully we all have found some silver linings during this pause. We look forward to welcoming you back to the studio when you are ready to return.

We will be strictly following CDC guidelines and recommendations for cleanliness and healthy habits when we re-open our doors. It is very important to me that EVERY SINGLE PERSON who walks in our doors respects one and another and each other's comfort levels surrounding COVID-19, along with the community's effort (locally and in the studio) to prevent the spread of any virus.

Through discussion with friends, family, other clients, our instructors, local business owners, and other practitioners, I have observed there is a *wide* range of comfort levels, and it is important for you to listen to your instinct with regards to every decision you make as you choose to resume certain social encounters, recreational and volunteer activities. Our doors will be open to ALL, and we will do our best to accommodate your comfort levels with regards to scheduling.

Please review the below policies and procedures that will be in place at the studio moving forward. We must ALL do our part to stop the spread of coronavirus in our community.

Pre-session Screening

Client expectation: Please do not come to the studio if you have any symptoms of COVID-19 (symptoms will be listed on door of studio and at front desk), or have been in contact with someone who had COVID-19 in the last 2 weeks.

Instructor expectation: Any instructor, health care practitioner, massage therapist, or other wellness provider using Free Movement Pilates is expected to take the temperature of their clients upon entry to the studio and ask screening questions. If you have a temperature over 100 deg. you will be asked to leave the studio. Your instructor will be tracking the date, time of your visit, and the answers to your pre-screen questions, so we can contribute to the community effort to track COVID-19 should the virus need to be traced in our studio.

Hand Washing

Both Client and Instructor expectation: Please wash your hands both upon first entering the studio, as well as after cleaning your equipment at the end of the session. [Follow the CDC hand-washing guidelines as shown in this short video](#). We also have hand sanitizer available on top of the water cooler (please feel free to bring your own water, but cooler will be disinfected between clients). Hand sanitizer is also available on table by shoe removal area, front desk,

500 Kenwood Ave. Delmar N.Y. 12054 * 518-275-2655 * www.freemovementpilates.com

and cube storage unit by the reformers. ***This, along with avoiding touching your face with your hands, is THE most important thing you can do to minimize the spread of germs.***

Scheduling

Instructor expectation: Increase the amount of times between Pilates sessions/classes (at least 20 minutes) to allow instructor time to disinfect high touch surfaces, wash hands, and pre-screen client for next session.

Client expectation: Allow yourself enough time to wash your hands, clean equipment, and enter/leave the studio without a mass congregation at the entrance. Please carefully check the schedule to ensure you arrive with plenty of time to wash your hands and prepare your space. Feel free to use the back corner door to exit via ramp. If there is an overlap of clients arriving/leaving, respect social distancing and wear your masks in all common areas. Due to the distance between clients, we do not anticipate a lot of traffic at the studio.

Distancing

Instructor expectation: Maintain a 6 foot distance between yourself and clients in the studio. Avoid hands-on cuing at this time, unless you have asked your client and your client is comfortable with hands-on cuing. Hands-on cuing will be left to the comfort level of the instructor and the client. Personally, I will be distancing myself 6 ft as I instruct, and ask my client's permission to come closer if additional cuing is necessary. It is extremely important for us all to respect each other's space in the studio.

Client expectation: Please try to maintain a 6 foot distance between yourself and anyone else in the studio, including the instructor. If you are comfortable with hands-on cuing, please make that clear to the instructor, but please respect the instructor if they are not comfortable providing that assist at this time. Again RESPECT each other's varying degrees of comfort surrounding these new times.

Personal Protection

Instructor expectation: Instructors and clients will wear a mask in the studio at all times. In accordance with CDC, if 6 ft can not be maintained both parties should wear masks to protect each other from cross-contamination. We will be requiring 100% mask-wearing at all times, unless there is a medical reason this can not be maintained, and we will practice social distancing in stead.

Client expectation: As a courtesy to others, we are requesting that you wear a face mask to our studio, and in all common areas: front desk, waiting area, bathroom, at all times. As of right now, the CDC is recommending everyone in public wear one, and we believe that this is the correct and polite habit to reduce the spread of the virus via droplets in our small space. [Here are some instructions for a variety of designs available on the CDC website.](#) Masks will be available at the studio, that were provided to us by the Town of Bethlehem, if you forget your mask.

Additional personal protection suggestions: Feel free to bring your own Pilates mat to lie on top of the raised mat on the Tower unit or a towel to lie on top of the Reformer for extra protection from the mat.

Personal Pilates loops will also be available for purchase at the studio if you are uncomfortable sharing loops on the machines. Natasha LaFayette, owner of The Pilates Institute in Saratoga is dropping of 10 pairs of loops for purchase if you would like to have your own pair of loops. Retail price is \$64. We are offering 15% off: \$54. Please send check to “Free Movement Pilates” if you would like to reserve a pair prior to re-opening.

This is not a requirement, but is recommended if you are not comfortable with the CDC recommendation of hand washing practices, as we cannot thoroughly disinfect the loops between sessions. We wash our soft materials like loops and straps on a weekly basis.

General Cleanliness

Instructor expectation: Instructors will use disinfecting wipes and spray to disinfect high-touch surfaces in the studio throughout the day, such as door knobs, faucet handles, counters, and water coolers. At the end of the day, instructors will alcohol swap “used” pens and return them to “new” pens cup. Pens are used to sign into the studio upon arrival.

Cleaning Equipment

Client expectation: Clients will clean all equipment they used in class. We will no longer be using the disinfecting wipes. You will get a fresh, unused microfiber rag to clean your equipment with soap and water. Should you want to clean your equipment before your session, please arrive early enough to do so. We are using the following steps to ensure proper cleaning technique:

- 1) Spray the soap and water solution directly onto your fresh rag. The soap grabs the lipid layer that surrounds the virus itself and destroys it, so the virus can't survive.
- 2) Gently scrub the surface you are cleaning to use friction to loosen germs from surfaces so they can be removed easily.
- 3) Be sure to clean ALL the hard surfaces you touched during the session (these include bars, springs, foot bar, foot bar adjustment, head rest, vertical poles, and any and all props you used in class.
- 4) Wash your hands when you are done cleaning

* For Gratz equipment springs: DO not use soap and water. Use alcohol on springs ONLY. Use soap and water and microfiber rag on the rest of the Gratz equipment.

Managing Sick Clients and Instructors

Instructor expectation: Our instructors are all independent contractors and are responsible for managing their own self-screen of COVID-19 prior to entering the studio to see clients. If an instructor is sick, they will be asked to return home and the studio will be cleaned and disinfected in accordance with CDC guidelines.

Client expectation: If you have symptoms of COVID-19, you will be asked to stay home as we are trying to limit the spread of COVID-19 at the studio.

If the *instructor or client* finds out they have been in close contact with a person who has been diagnosed with COVID-19, it is their responsibility to self-quarantine for 14 days. If an instructor or client has had a positive COVID-19 test and has been in the studio within the last 14 days, please notify Karly directly and a deep clean of the studio will happen immediately (if it hasn't had one).

Cancellation Policy

The health of our clients is of the utmost importance to us, so if you feel sick or believe that you may have been exposed to COVID-19, we kindly request that you cancel your session and recommend you follow [CDC guidelines on self-isolation](#) before returning to the studio.

To remove any feelings of stress around canceling, we are waiving our late-cancellation fee for the foreseeable future. If you are unable to make it to class simply notify us by contacting your instructor directly. Please confirm their preferred method of contact (phone, text, email).

Human connection is so important, I think it's fair to say we all miss that and are eager to return to that in some capacity. We can also agree that movement heals our body, mind, and soul. We are excited to re-open and bring movement and human connection back to your daily routine. We are taking your health and safety very seriously, and these new studio policies are being enforced to protect our community, instructors, and clients based on the recommendations by The Fit Reformer, a Pilates equipment cleaning and maintenance company that is recommended by the Pilates Method Alliance. I have completed their online course, "COVID-19 Cleaning guide for Pilates studios" and am very comfortable with every new procedure and policy we will be practicing at Free Movement Pilates. Please stay true to your own comfort levels and do what is best for you as each of us have different situations.

Questions

If you have any questions or concerns, please don't hesitate to reach out. We are looking forward to connecting in-person again, but understand that these times are uncertain and everyone's situation is different.

In health, wellness, safety, and respect,

Karly

