

Dear Fit For Her Family,

Here are the guidelines we are asking you to please adhere to.

- We expect our members to sanitize equipment before and after usage, with the provided hospital grade virucide/sanitizer.
- We request that our members maintain social distancing standards, of 6 feet. Masks are not required but recommended per CDC guidelines.
- If you are feeling ill, or feel as though you have been exposed to COVID-19, please refrain from utilizing the facility,
- No appointments are required to access the Fit For Her facilities, first or second floor. (Usage of the second floor is during non-class times only. Please remember there is cardio equipment in this space as well.)
- Most classes will resume per our regular schedule, as posted on the Fit For Her website. we are, however, utilizing a scheduling platform for classes, allowing us to limit class sizes, in order to maintain CDC social distancing guidelines. You will find a link to this on our social media platforms, and our website. Sign-ups should begin at 7:00 a.m. the day before. In the short term, please only utilize 1 class per day and members only (for classes). This will allow us to evaluate class sizes and provide you with the highest level of service. Classes will be 45 min. in length in order to egress members in a safe orderly fashion and allowing time to clean between classes. Please do not come up to the studio more than five minutes prior to your scheduled class time.

We appreciate everyone's help in making this work, helping us move to phase 2 and 3 as quickly as possible which will allow us the ability to operate at full capacity sooner rather than later.

Thank you once again for your patience and understanding.

~Your Fit For Her Team~