

# Welcome back!

## Lake Anna Wellness Studio

Policies to protect your vibrant health and wellness.



We will continue to offer online yoga classes, so if you feel safer practicing at home with your favorite teachers, we've got you covered!

### **Booking Your Class:**

- Advanced reservation and prepayment are required to maintain contactless - no walk ins.
- Packages and membership are still available! If you have passes that have expired, please contact us.

### **What to Bring to Class:**

- Mat, props and a towel; beach towel for Pilates Tower.
- Face covering or mask to wear when you enter and leave the studio - anytime you are off your mat.

### **At the Studio:**

- We're social distancing, with clear markings to communicate, to protect you and our staff.
- Adding time between classes to keep the studio even more clean, sanitized and disinfected.
- Following no-touch guidelines - cueing will be verbal and visual, with no hands-on adjustments.

### **When you Arrive:**

- Enter the door directly into the studio - no waiting area is open indoors. Plan to enter 5 minutes before class.
- Wear your face covering or mask to enter, leave your shoes in the space provided by the door, and sanitize your hands.
- Set up your mat in the marked space, or proceed to the open Pilates equipment and spread your towel

### **When You Leave:**

- Wear your face covering or mask as you wipe down your own mat and props to take with you. Pilates equipment will be sanitized by staff.
- Grab your shoes and exit at the assigned door.
- Come back soon!