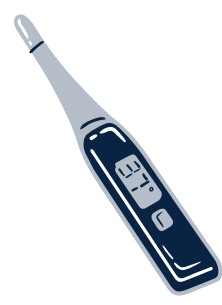


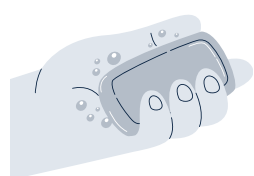
WE WANT TO KEEP YOU SAFE & OUR STUDIO A CLEAN SPACE

PLEASE WAIT AT FRONT DOOR UNTIL INSTRUCTED TO ENTER!

GUIDELINES & POLICIES



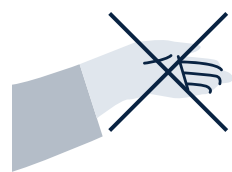
Wellness/Symptom Check: must **wear a mask upon entering**. You'll be screened at the front door for symptoms of COVID-19 along with a temperature check.; must be below 100.3 to enter. Followed by contactless check-in.



Sanitize your hands upon entering & exiting. No bags are allowed inside; only a **bottle & towel (required)**, phone, & keys.



We have a new class schedule that allows extra time for our team to **thoroughly disinfect equipment & deep clean our facility** with the "fogging" method & more.



Class limit is 20 max. You'll be stationed in one spot the entire class, & spaced 6-12 feet apart to effectively social distance. There will be **NO** sharing of equipment.



Arrive at least 5 minutes before class start time. You're **required to book your classes ahead** of time on our app @thearkfit. If you late cancel (less than 3 hours of class) or no-show, you will be charged a \$12 fee.

We LOVE our Ark Ally Community

You are...

SAFE.

SEEN.

STRONG.

Pat yourself on the back for showing up!

Please stay home if...

- You are feeling sick
- You have a sick family member at home



Care for your emotional & mental well-being.

This can be a difficult time for everyone in its own way. We're here to support you any way we can. Ask us for referrals to a therapist/mental health professional to help you walk through this time. Reach out at to us at thearkfit@gmail.com or through Instagram @thearkfit!

SOURCE: CDC.GOV