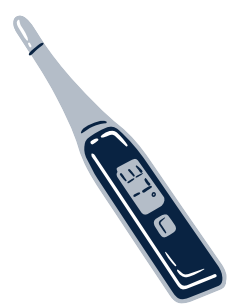


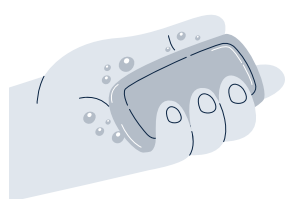
WE WANT TO KEEP YOU SAFE & OUR STUDIO A CLEAN SPACE

PLEASE WAIT ON MARKERS UNTIL INSTRUCTED TO ENTER!

GUIDELINES & POLICIES



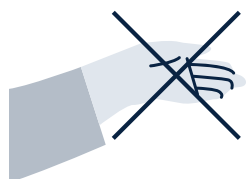
Wellness/Symptom Check: Must **wear a mask** upon entering. You'll be screened at the front door for symptoms of COVID-19 along with a temperature check.; must be below 100.3 to enter. Followed by contactless check-in.



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



We have a new temporary schedule that allows **extra time for our team to thoroughly disinfect equipment & clean** our facility.



Class limit is 15 max. You'll be stationed at a bench the entire class. Stations are spaced apart 6-12 feet to effectively social distance. There will be **NO** sharing of equipment at any time.



Arrive 10-15 minutes before class start time. You're **required to book your classes ahead** of time on our app @thearkfit.

We LOVE our Ark Ally Community!

You are...

SAFE.

SEEN.

STRONG.

Pat yourself on the back for showing up!

Please note:
No phones are allowed in the main area during the workout.
Thank you.



Stay home if...

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



SOURCE: CDC.GOV



Take care of your emotional & mental well-being.

This can be a stressful and anxious time for everyone. We're here to support you anyway we can! Reach out to us at thearkfit@gmail.com or through Instagram @thearkfit anytime!