

Vital Innovative Pilates

Terms and Conditions in compliance with COVID-19

Los Angeles County Department of Public Health

Protocols.

PROTOCOLS FOR GYMS AND FITNESS ESTABLISHMENTS (APPENDIX L)

VITAL INNOVATIVE PILATES POLICIES, PRACTICES AND CONDITIONS IN COMPLIANCE WITH COVID-19 PREVENTION. (Based on the Reopening Protocols for Gyms and Fitness Establishments. Appendix L) EFFECTIVE DATE: 12:01am on Monday, March 15, 2021.

1- VIP business model is based on a reservation system model (**boutique Pilates studio**). **The Pilates sessions are 50 minutes long one-on-one ONLY, NO group classes.** Patrons will have the responsibility to make sure that **they are not exhibiting any COVID-19 symptoms as well as any person in their household. If you feel sick please give notice as soon as you can, I will apply an EARLY-CANCELLATION of the Pilates services.** Pre-booking will be prearranged with the Pilates teacher by phone or email, and payments will continue as before using the Mind Body platform.

2-There will be **sitting** available outside the premises, **where you will wait until the client leaves if you prefer, you can also wait in your car.**The **Pilates teacher** and the **client** will need to keep the **6 feet social distance. Signs and floor markers are used to ensure the proper physical distancing of 6 feet in the premises.** There will be **10 min of disinfecting and ventilating prior to you entering the studio, sessions will be 50 minutes long.**

3- **You are required to wear a mask when at the facility.** Pilates exercises don't make people out of breath. **Using the mask throughout the entire session is mandatory according to health official guidelines. According to the health department, patrons can take frequent breaks from exercise if they feel uncomfortable.**

4- You will have your temperature and/or symptoms screened upon arrival with a brief questionnaire . I will use a Non Contact infrared body thermoteter and you are required to use a hand sanitizer before entering and leaving the studio. I will provide hand sanitizer to my clients (I will be wearing gloves which I will discard after every client. If you feel safer using gloves you are more than welcome to bring them.)

5- The studio will be well ventilated. I will use a Dyson Air Purifier and 3 big fans to provide effective circulating air in the studio.

6- Customers will need to bring their own water bottles and towels.

7- Mat classes are pending until further notice. For future reference, Mat clients will need to bring their own mats, towels and water bottles. Clients will be provided with disinfecting wipes to clean up their mats before and after use. After mat classes small equipment will be disinfected. Exercise bands will be sold for your personal use or you can bring your own, so infection is minimized.

8- For your convenience, VIP will continue to offer virtual mat classes, virtual stretching classes, and virtual equipment classes.

9- Clients will need to sign prior to attending classes a New COVID-19 WAIVER and the NEW COVID-19 TERMS AND CONDITIONS.

_____ CLIENT SIGNATURE

_____ PRINT NAME

_____ DATE