

FITYOGA

Re-Opening Guidelines

If you plan on practicing with us in person, we want you to know that we have created a mostly touch-free environment once you walk in the door.

Please make sure you have a current credit card on file. If you have questions on how to add or update, email Jill (fityogajill@gmail.com). We will not take any cash or credit card payments at the studio.

When entering and exiting the studio, please be mindful of social distancing. We love to see students chatting inside the studio before and after class but for now we ask that all conversations take place in the parking lot while adhering to social distancing. Teachers will be wearing masks for now (in the open areas) and we recommend students do the same. Teachers will not be wearing masks while teaching class.

If you are in a high-risk category, we recommend continuing to practice yoga from home via Zoom. We trust that you'll make that decision for yourself. Refrain from visiting the studio if you or a member of your household has a fever or [COVID-19 symptoms](#), or if you are under an isolation or quarantine order/directive, or have recently traveled to a hot-spot location.

We will sanitize all shared surfaces after each class and clean the studio thoroughly each day, meeting or exceeding all state, local, and regulatory guidelines relating to sanitation and hygiene.

Class sizes are limited which means we could fit 5 students in our space plus our instructor. We feel more comfortable allowing for ample social distancing between mats and extra room around the teacher. We have marked spots in each studio designating where to place your mat to honor social distancing

Since class sizes are limited, we require **advance registration** for IN-STUDIO classes. We understand that things come up unexpectedly, but in order to fill the few spots that we have available, we are asking that students cancel their reservation if they can't make it to class.

A 12- hour cancellation window is put in place to accommodate waitlists students. If your schedule is such that things change at the last minute, please register for the VIRTUAL classes via Zoom. We have implemented a **\$10 cancellation fee** if you sign up for a class and no-show.

If you are a waitlisted student, you will be notified immediately when a reservation is canceled and you are moved into the class. Please understand that if you show up at the studio without a reservation, it is not guaranteed that you can take a class. None of us want to have those difficult conversations, but if we are at capacity, we will have to turn students away.

Please pay close attention when registering for a class so you know if you're signing up for a class via Zoom or in the studio. The classes will be labeled **VIRTUAL** or **IN-STUDIO**. You can view the schedule www.fityogajill.com/schedule.

Please bring your own yoga mat, props, masks, and water bottle. For the time being, we won't provide any props. It is recommended that all students sanitize their yoga mat and props before and after class. Please bring sanitizing wipes with you and if possible, make your own using some sort of reusable wipes. We are happy to share details with you on how to do this.

Students will keep their belongings near their mat rather than using the cubbies inside the studio. Please bring minimal items with you, and lock the rest of your belongings in your trunk out of view.

Thank you for your patience and understanding during this time.
Our mission is to practice safely while respecting others.

Namaste,

Jill & Staff