

# NATURAL FITNESS & THERAPIES

## — *The Beach Studio* —

**We welcome you to our beautiful studio. Your safety is our utmost priority and these guidelines are there to ensure safe and practical space for those who choose to attend. We hope that you enjoy your classes!**

**By attending you are confirming that you are free from any symptoms of Covid-19 and have not been in contact with anyone who has symptoms).**

Any attendees that feel unwell should seek medical advice and not attend their class

Things to bring with you:

- Facemask
- Pilates mat or mat cover (we have covers available to purchase for £10 but please buy these in advance. No transactions will take place at The Beach Studio, either for payment of classes or equipment).
- Pilates equipment ie. blocks and balls – again can be purchased from us in advance
- Socks – grippy socks £3.50 up to size 6 £5.50 larger size
- Water bottle
- Plastic bag(s) for shoes, jacket etc.

Please arrive already in your exercise clothing and please do not arrive any more than 5 minutes before your class

If using public transport please protect your exercise clothing (eg sit on a plastic bag)

On entering the building please wear your facemask, maintain social distancing and sanitise your hands opposite the reception desk

If possible, please avoid using the toilet. Changing facilities are not available and the area will be cordoned off.

Make your way upstairs avoiding use of the handrail if at all possible, remove your shoes before entering the studio and place them in a carrier bag along with your coat/jacket if you brought on. Facemasks **do not** need to be worn during the class.

Socks must be worn in the studio. If you do not wish to wear socks during the class, please ensure you do not move off your mat.

Spaces for mats will be clearly marked on the floor. Please fill the studio from the furthest space first. Your instructor will guide you.

Windows will be open during the class so if it's not particularly warm outside, please remember to bring an extra layer.

If you have used tissues, please tuck them in your clothing and take them home with you.

When the class has finished, replace your facemask and leave the studio maintaining social distancing.

Please leave the building as quickly as possible and only social outside.

Between classes, contact areas such as door handles, handrails, taps and toilet facilities will be cleaned with sanitizer solution. Also for your added safety and peace of mind, we will be using UV-C LED lamps as an effective to sterilize the virus.

**We hope these guidelines reassure you THE Beach Studio is a safe place to visit.  
Thank you for coming and enjoy your Class!**