

New Rules for Classes

Class Restrictions:

- 4 people or less each class
- Temperature Taken before entering gym
- Door will be locked until 5 minutes til class starts to prevent overcrowding and time for other class to leave
- Social distancing marks on sidewalk that athletes must stand distance apart before class starts.
- Classes will be 30 minutes long with 15 minutes of cleaning time before next class, individuals need to clean their own stuff
- NO sharing of anything, including warmup bars, etc
- No Markers, no white boards, no chalk
- Athletes have to do all work in their station so sweat stays in their area.
- Athletes are required to hand sanitize, wash their hands before and after each class
- All athletes need to go into their app and sign the waiver before they can attend any class
- Dynamic warmup will be in place and not moving. Each athlete will have a station
- Athletes cannot stay after class for additional work.
- No lockers available, please bring stuff to your station
- No gathering/socializing before or after class on premises
- If you are sick, stay home we have the right to ask you to go home if you are sick
- PLEASE DO NOT BE LATE
- NO KIDS for the month of May
- Athletes are required to cancel out of classes, if class is full and athlete does not attend class a cancellation fee maybe accessed.
- Athletes must wear a mask.
- No lost and found, everything will be discarded after class

Coaches Restrictions:

- Keep Social Distancing when coaching/cueing athletes
- Use Verbal Cues only
- Have your own demo bar/station
- Coaches must wash hands before and after class, more than welcome to wear gloves.
- Coaches required to wear masks while coaching
- Coaches will have their own markers/no sharing of markers

*Policies are subject to change**