

# MIND & BODY STUDIO

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## COVID-19 PRECAUTIONS

**MAXIMUM CAPACITY - 10**

**1 Instructor, 9 Participants**

### **LEAVE THE CLEANUP TO US!**

Members must bring their own mats to participate in class. Please note the lines on the floor and place mats accordingly.

### **RESERVE YOUR SPOT ONLINE!**

During this time, we are asking that you register for the class online. Once the class has reached max capacity, the class is closed and no one else is permitted to join in.

### **KEEP THE FLOW!**

Please do not reserve a spot in class for others. We ask that you choose the row you would like and fill the next available spot. This allows 10 feet between each member, prevents gaps, and allows instructors to see if the max capacity is met.

*To allow social distancing, do not crowd in the entryway of the studio. Be mindful of others as we strive to only allow one person in the foyer area of the studio.*