To enable us to re-open there will be a few temporary changes to begin with:

• First and foremost for those who had current non-expired passes with remaining sessions when we were closed on the 23rd of March, I have been busy reactivating them from the Monday the 22nd on June for you to start booking your remaining session.  Please be aware if you only had a few days left when we closed, you will only have a few days left from when we open on the 22nd  of June.   With that in mind I have not opened up purchasing of new passes for clients until this Friday afternoon the 12th of June to give those with a current pass the first opportunity to book into class.  From Friday evening everyone will be able to access classes and book a bed.

• There is a change to how we book, we are only allowing bookings of  up to7 days at a time to give us greater control over the schedule and any changes that might be needed so please be mindful of others and only book a session that you can attend unless you are unwell or are around someone who is then please cancel your booking ASAP.

• We will be starting off with a reduced schedule at this stage and will review this on a daily basis if there is the need for extra or less classes on the schedule.

• We will be capping our class numbers at 9 people,  our small group/senior classes at 6, just so we have more than the required space for everyone as an extra precaution and we will have a trainer only bed in the studio as we will not be able to physically correct anyone unfortunately for a little while so we will need to be able to demonstrate an exercise where necessary.

• You **MUST** wash your hands prior to entering the studio, and we will have hand sanitiser also to use as well on entering.  If you have long hair please tie it back to avoid it getting in your face which will avoid any face touching during class.

• We will be double cleaning basically and we are conscious of how many clients are in the studio at once so we will have a larger gap between classes to allow for clients to enter and exit quickly and without overlap and to allow clients enough time to clean their equipment and then the trainers will do an extra wipe over of all equipment.  With that we also ask until this is over, we can not have anyone waiting in the studio before, after or during class (this unfortunately includes children) so please only arrive a few minutes prior to class and go straight to your reformer bed without touching anything…our lovely comfy couch is going to have a little holiday!

• You MUST all bring a fully filled drink bottle with you to class as well as a towel as we will not be offering any sweat towels or options to refill water.  Do not bring any extra belongings in with you besides shoes, car keys and wallets and these are to be placed by your bed when you come in.  No food or chewing gum is to be consumed or disposed of in the studio either.

• We have also had to change our pricing structure temporarily, we are very aware of the current situation of uncertainty, there is always a chance that we will be told to close again with very little notice and that many clients have experienced many changes to their work and home life.  With that, I don’t feel comfortable offering only monthly or yearly pass options so we will be only offering single session passes or weekly only passes to be purchased until we are a little more confident of a more stable environment over the coming weeks and months.  We have reduced the single session pricing to just $20 and still kept the 6am $15 session to accommodate this and provided only a couple of weekly multiple class passes to start (this will change). Until we have enough sessions available on the schedule, with current smaller class numbers we feel we can’t offer an unlimited pass in these first few weeks, this is not permanent and it will be changing with everyone’s support, so our weekly debit memberships will be back before we know it.  Prices with a purchase link will be on the website by the end of this week.

• Finally our sessions will be back to basics for everyone, it will take a little bit for us to get back to where we were on March 23rd so we will be kind....just to start with anyway!

  As always, if you are feeling unwell or someone you have been in close contact with is sick, please do the right thing, do not come into the studio. You must also let us know if you have become unwell and you must go and get tested if you are suffering from potential Covid symptoms as directed by the Chief Health Officer as any confirmed cases will need to have contact tracing done.  This applies to the trainers also and if we can’t find a cover for a class, then we will need to cancel class, notify you and extend any pass to accommodate the cancellation so please make sure we have your current mobile number on file.  Let's all do the right thing and keep our studio a safe place!   Extension to passes will be granted to anyone who provides a medical certificate (no exceptions for this policy) for injury or illness or for those who have medical conditions that put them in a high risk group and are still wanting to isolate and have an existing pass.  We have adjusted our cancellation window to just 6 hours to give everyone a little more time to cancel without penalty, please be considerate if you are in the 6am and don’t wait until 6 hours and 1 minute before cancelling your spot as if it is a waitlisted class it won’t give us a chance to let someone in off the list.

 Finally, we hope it won't be long before we are back to the thriving studio that we were and will constantly be making changes as we build the business back up and thank you guys so much for your patience.  We are doing this for you all and our love of the studio and we really can’t do it without you and your support.

Thanks for reading

Leigh and all the trainers

Xx