



We're Re-Opening Monday, June 15th!!!

It's been 3 long months since we last saw you in the studio and I'm excited to announce that we'll be re-opening at reduced capacity for In-Studio classes on Monday, June 15th!

Keep reading for detailed info about booking classes and updated studio policies.

Loving LIVE Stream classes and not ready to come into the studio yet? No worries! We understand that everyone's situation is different and we plan to support you as best we can moving forward.

Classes will have 2 options to book: In-studio OR LIVE Stream (via zoom).



Booking Classes

You'll notice A LOT of classes showing up on the schedule starting next week. We're offering every class as both LIVE Stream (working out via Zoom) and IN-STUDIO (you plan to come to the studio for class). Be sure to select the right class from the schedule based on how you plan to take class. Space is very limited in the studio, so please book early.

Here's what you need to know:

1) Each class has 2 different booking options on the schedule:

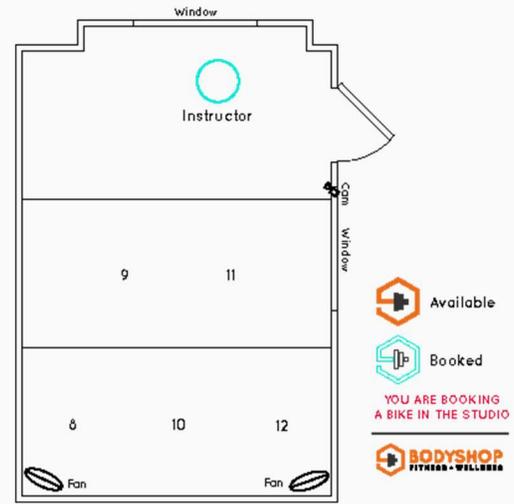
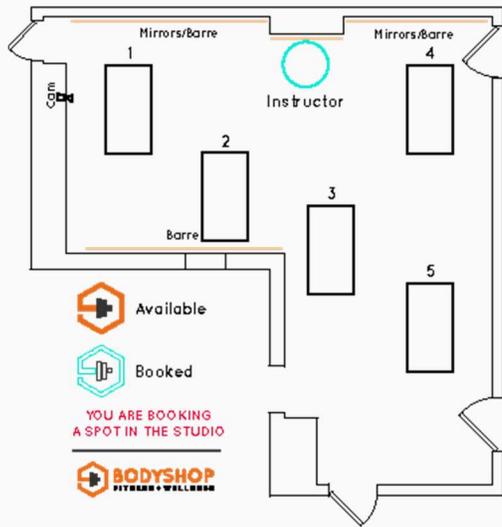
- An In-Studio class with Spot Scheduling
- A LIVE Stream class via Zoom

Make sure you are selecting the right class when you book. Spots must be booked in advance! See the example below!

MON 6.15	TUE 6.16	WED 6.17	THU 6.18	FRI 6.19	SAT 6.20
FITHIIT TANYA 6:00 AM 45 min	BODYFIT TANYA 6:00 AM 45 min	FITHIIT TANYA 5:30 AM 45 min	Select Standard Class to book a spot for attending class IN STUDIO		CYCLE TANYA 8:30 AM 45 min
FITHIIT (LIVE STREAM) TANYA 6:00 AM 45 min	BODYFIT (LIVE STREAM) TANYA 6:00 AM 45 min	FITHIIT (LIVE STREAM) TANYA 5:30 AM 45 min	45 min	45 min	CYCLE/TREAD (LIVE STREAM) "IN-HOME MACHINE REQUIRED" TANYA 8:30 AM 45 min
CYCLE TANYA 6:00 PM 45 min	BARREFIT TANYA 9:30 AM 55 min	CYCLE/CORE TANYA 6:30 AM 45 min	BARREFIT TANYA 9:30 AM 55 min	YOGA FLOW TANYA 9:30 AM 45 min	BARREFIT TANYA 9:30 AM 55 min

(Hint: You can view the schedule by "Room". Select the "Room" drop-down menu at the top and choose between "Cycle (In-Studio Spots)", "LIVE Stream Cycle/Tread (workout from home)", "LIVE Stream Studio (workout from home)", "Studio (In-Studio Spots)". So if you know, for example, that you're trying to book an in-studio class, select the room to only show those classes.)

2) In-Studio classes will show a "Spot Schedule" image to book the exact studio spot or bike that you are reserving. If you see the images below, you are booking a spot at the studio.

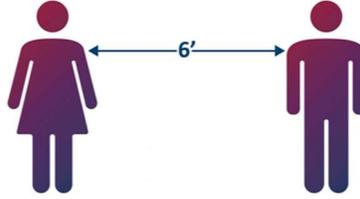


3) In-Studio classes will accommodate 5 students for each class. The schedule is released on Sundays for the next 2 weeks to book your classes. Those of you on Membership (4x/month, 8x/month, 12x/month and Unlimited) have early booking privileges; the schedule opens up for you on Fridays.

4) If you book a LIVE Stream class you will receive the email with the ZOOM link an hour prior to class start, 15 min. prior to class start and 5 min. prior to class start. If you plan to attend a LIVE Stream class via ZOOM, make sure you select the correct class to ensure you get the link.

5) With limited spots available at the studio, please be respectful of our Late Cancel and No Show policies. We want to make sure that everyone who would like to attend an In-Studio class has the opportunity to do so. We're soooooo freaking excited to see your faces in REAL LIFE again!

Stay 6 feet from others.



Studio Policies

What is Bodyshop doing to address COVID-19?

- High touch areas are being disinfected frequently (door handles, bathrooms, equipment, etc.)
- Multiple hand sanitizer stations are available throughout the studio. We also have 3 bathrooms available for hand washing.
- We have multiple spray bottles throughout the studio with disinfectant to wipe down equipment before and after use.
- The studio will be disinfected between classes and at the end of the night.
- Disposable Masks and Face Shields are available for purchase if you would prefer to wear either during class. Masks and shields are optional.
- Spots have been marked in the studio and bikes have been spaced out in the cycle room to accommodate social distancing.
- Portable Barre's have been added to BarreFit & BarreHIIT classes to allow for social distancing.
- Classes are designed for limited equipment and all equipment will be disinfected after each use.
- Instructors will perform a self-health check each day, including temperature checks.

We need your help to keep our space clean and safe!

- If you are sick or have been exposed to anyone who has tested positive for COVID-19 please stay home and follow CDC guidelines. This is the best preventative measure for our community. Consider LIVE Stream classes while you recover!
- Wash your hands and/or use hand sanitizer before and after each class.
- Use one of our many Cleaning & Disinfecting stations to wipe down equipment before and after class.
- Bring your own mat for class.
- Adhere to social distancing requirements; stay at least 6 feet apart.
- Please limit your time in the studio before and after class to 10 min. or less.

CLEAN & DISINFECT

PLEASE ADHERE TO THE FOLLOWING POLICIES TO HELP PROTECT EVERYONE AND MAKE THIS A SAFE ENVIRONMENT FOR ALL:

WASH YOUR HANDS AND/OR USE HAND SANITIZER BEFORE AND AFTER CLASS



DISINFECT ALL EQUIPMENT BEFORE AND AFTER CLASS



(SPRAY BOTTLES CONTAIN DISINFECTANT)



THANK YOU for your continued support and dedication to your Health and Wellness. Your willingness and ability to adapt has been amazing and shows the resilience of this community.



By offering both In-Studio and LIVE Stream options for classes, we hope to continue to provide safe and effective workout options for everyone. We appreciate your support through this transition.

