

Get Lively®: Health & Fitness Studio Reopening Plan - Summer 2020

PLEASE read all details as there are strict protocols being put in place to protect us all so that we can continue to safely operate (many of these items are based on the Mass Phase 3 Reopening Guidelines.)

I know this is different and not how we would ideally like this to play out, but I appreciate you all adhering to these guidelines to help Get Lively **stay open!**

1. **FACE COVERINGS** - mandatory that face masks MUST be worn to enter the building. Once in designated workout space, and appropriate distance from others is established, masks may be removed during workout.
2. **CLASS SIGN UP** - class size will be limited due to social distancing requirements, so you must sign up in advance to secure your spot. Sign up through the MindBody App or visit: www.getlivelynow.com/fitness
3. **CLASS SCHEDULE** - the initial summer schedule will have classes on Tuesday, Wednesday, and Thursday. **PLEASE NOTE:** Thursday morning 8:30am Bootcamp will continue at BROWN FIELD in Watertown, all other classes will be held inside the studio. If there are thunderstorms, Bootcamp will be held inside the studio (watch www.facebook.com/getlivelynow for updates).
4. **EQUIPMENT & WATER** - there will be no sharing of equipment during workouts and any equipment that is used will be thoroughly sanitized between sessions. There is a water fountain now located in our new bathroom/office area for refilling your own bottle. PLEASE bring your own Mat to Pilates and Core Conditioning classes.
5. **ARRIVAL/DEPARTURE** - please arrive at the studio no more than 5 minutes before your class or training session and please leave promptly after (*this pains me as you know how much I love to socialize, but we'll have to do it outside the studio!*)
6. **SOCIAL DISTANCING** - please maintain a minimum of 6ft distance from all other persons who are not in your household and avoid unnecessarily touching things.

Please let me know if you have questions!

Thank you! Jan

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