

## Outdoor private sessions

Sessions will be held outside on the north side of the building accessing the sidewalk and the grassy area in back on the west side. We have a TRX in the tree in the back.

All staff will wash their hands before touching any equipment.

All small equipment will be brought outside by staff. If you normally do a private Pilates session with equipment (Reformer, Cadillac) and want to do an outdoor session at this time it would be mat based Pilates with props as we can't bring any of the large equipment outside.

Clients will sanitize their hands before touching any equipment, sanitizer will be provided by the trainer.

Upon completion of the session, the BFL trainer will:

1. Gather up all equipment
2. Will wash their hands at the nearest sink in the workout area
3. Will thoroughly sanitize all equipment utilizing approved sanitizing products
4. Will wash their hands at the nearest sink in the workout area

Guidelines to follow:

1. A distance of 6 feet between the class trainer and client will be maintained when possible. If you want a greater distance between, please communicate that. We all want to be comfortable. We have placed taped x's every 6 feet to assist with this distance.
2. Before and after sessions, if you are socializing with each other, please maintain a distance of 6 feet or greater.
3. Avoid touching eyes, nose, and mouth during session.

**We will text you 45 minutes before the session if it needs to be cancelled due to weather.** If you do NOT receive a text, the session is running. If the weather is bad, you can choose to do an indoor or virtual session instead or cancel. If you do not text and need a phone call instead, please let us know.

We want to ensure staff and clients are comfortable so please let us know if you have any special requests.

Any questions, please let me know, Julie Gronquist call or text BFL 651-415-9500