

COVID-19 SAFETY GUIDELINES



COME & JOIN US

Pilates, Massage, Touch 4 health balance. Let's keep moving, restore resilience.

BOOK EARLY

Small class numbers so places go quickly, 3-4 per class.



STUDIO

Cleaned before re-opening and between each session.

DISTANCING

1-2 meter distancing guidance in class and upon entry & exit.



WASH OR SANITISE

Clean hands before or upon entry to the studio as on exiting.

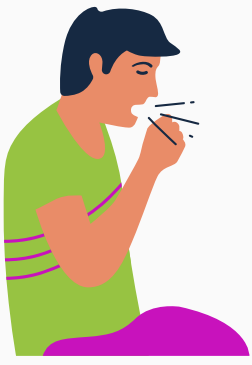
BRING WATER

Bring your own water bottles, we have glasses if needed .



WHAT ARE YOU WAITING FOR?
MOVE BETTER FEEL FREE

COVID-19 SYMPTOMS & PROTOCOLS

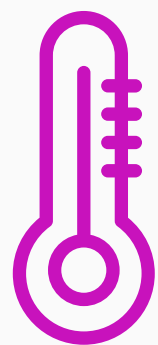


COMMON SYMPTOMS

NEW persistent cough.

TEMPERATURE

HIGH temperature or loss of taste or smell.



COVID-19 CONTACT

Self isolation is required if you have symptoms after being in contact with someone with Covid.

COVID-19 IN CLASS

You will be contacted if any class member has tested positive for Covid-19.

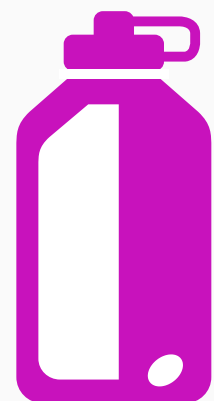


IMMUNE SUPPORT

Vitamin D, C and Zinc help to support your immune system.

MENTAL HEALTH

Socialising and movement are very important. Ask for help or check in with friends, family regularly.



BREATHE MOVE EAT SLEEP
YOUR LIFE MATTERS