

COVID-19 STUDIO PROTOCOLS

We are grateful to have you join us for in-person classes at Pilates Space. All of our teachers are fully vaccinated. Please read our protocols below.

Safety Measures

- Masks are optional (as of June 13, 2022).
- Hand sanitizer at entrance and in the studio.
- Each person is responsible for cleaning their equipment after every session.
- Class sizes are small, well below capacity limits.
- Equipment is distanced.
- All frequently touched surfaces will be disinfected regularly.

Pre-Entry Screening - By attending your session you attest to the following:

- I am not experiencing any flu-like symptoms.
- I have not been told to isolate or quarantine.
- I have not been directly exposed to COVID-19.
- If unsure, please take this self-assessment.
<https://covid-19.ontario.ca/self-assessment/>
- By participating in classes at Pilates Space, I acknowledge and accept the risks associated with COVID-19.

Cancellation Policy

- Please respect our 24-hour cancellation policy.
- Email is our preferred method of communication info@pilatesspace.com.
Allow 24-48 hrs response time.

In-Studio Scheduling

- Email to sign up for equipment classes, private and duet sessions.
- All sessions must be pre-paid via Mindbody Online through your personal account.
- In-Studio classes are 55 minutes in length.

Virtual Studio Scheduling

- Fletcher Fusion classes are part of our Virtual Studio for now.
- Pre-pay and sign up via [Mindbody Online](#) through your personal account.
- Virtual Studio classes are 45 minutes in length.

Community Care

- We will amend our studio offerings and policies as needed.
- Thank you for your cooperation and understanding throughout.
- Let's continue to move, learn and grow together!

Any questions or concerns, communicate with us via email at info@pilatesspace.com.

Jacqueline, Charlie & the PS team