



UV Sterilization In Progress in the Yoga Room



New Studio Guidelines and Policies

updated 5.25.2020

By signing up for an in-person class, you are indicating you understand these policies, and agree to abide by them.

ARRIVE 15 MIN EARLY

All clients must arrive to the studio parking lot a minimum of 15 minutes before their class or private session OR be logged into their Zoom class.

If this is not in place, we can not promise to be able to allow you in for your in-studio or Zoom session. We have many safety considerations to consider with the guidelines in place and our staff have many things to prepare for classes and private sessions. Please be on time.

FACEMASKS ARE REQUIRED

Everyone entering essence must have a proper mask or face cover on covering both nose and mouth.

Those in cycling classes and other cardiovascular work classes will be permitted to take them off only during the cardiovascular workout. These classes are specified in the details of the classes. Masks will be put back on immediately after the workout and if/when leaving the room. Air purifiers will be running in these classes and space guidelines will be sternly enforced. After these classes are done, UV lights will be used to sterilize the room after disinfecting is complete. All of our rooms have outside doors available and they will be kept open at these times with airflow appropriate to clear the room.

All private clients of Diana's will need to be wearing a mask during their sessions.

This is a close-contact situation and it is mandatory that this be in place.

ENTER ONLY WITH PERMISSION + MAINTAIN SOCIAL DISTANCING

You will be sent a text or waved into the studio when it is your time for class/session to begin entering the studio.

All clients must enter with 6 feet between each other and we have marked the sidewalk and entrance way with 6 feet markers. DO NOT enter the studio for any sessions until you are sent a text or given permission. We legally can not have anyone congregating in the studio and must honor the 6 feet of space rule.

SIGNATURES + TEMPERATURE CHECKS REQUIRED

When entering the doors, ALL clients EACH time must sign that they agree to all COVID studio guidelines and have no exposure risks listed at the door. ALL clients and staff will have their temperature taken each time and a mask MUST be worn before all entering the building covering both nose and mouth.

BRING YOUR OWN GEAR

All clients must bring their own bag for storing shoes, water bottles, personal belongings and all must bring their own towel. We will not have any towels, mats, or small class supplies available.

Cubbies can not be used by the front desk due to space limitations. The cubbies in the cycle room can be used but some will be marked to not use. The bags in the kit are perfect for such a need and we have made space in all rooms for bags to sit safely by you on the floor.

ADDITIONAL NOTES

Spaces in class can not be saved. As you enter your class, please move to the farthest end of the room to keep space guidelines.

Please read the descriptions of each class you sign up for to familiarize yourself with all for that class including entrance door and more.

If you have questions about your packages or other topics, it is best to call or email the studio. We can not allow congregating and all must leave the studio immediately following your class/session to allow for cleaning and preparing for the next class/session. Our staff will return your class and/or emails. Please be patient as we work to get all set for our clients as we transition back.

THANK YOU FOR YOUR UNDERSTANDING!

We have spent quite some time planning and preparing to re-open essence according to the guidelines set forth by the state of Ohio and the Health Department and in accordance with what we intend for all of our staff and clients at essence.

If any individual does not honor these guidelines, we will discontinue allowing them to participate in classes and/or private sessions at essence immediately. We do not hope to need to take this action but will do so if necessary. Our goal is to support and protect all as a community. And your cooperation is greatly appreciated.