

# For your health and safety:



Before and after class use a **new wet wipe** to wipe down each surface or object you will touch  
- chairs, balls, barbells, barres, mats.

**Wash your hands** with soap and water before and after class. Use the hand sanitizers on the room walls.

Don't touch your face!  
Use the tissues located in the rooms.

Instructors will not make hands-on adjustments during class and will limit the use of equipment.

Consider bringing your own equipment  
- especially a mat  
or towel to place over a Connection mat.

Blankets and bolsters have been removed.  
Feel free to bring your own.

The maintenance staff will continue to disinfect throughout the day.

**Take care of yourself and stay home**  
if you are not feeling well.

Thank you!  
Working together we can help mitigate  
the spread of germs.



The  
Connection