

In-Studio Sessions Waiver & Agreement

We are excited that you will be joining us for in-person sessions at Every Body Pilates. Please indicate in the form below that you understand:

- Your options for lessons
- How to attend a lesson
- Your responsibilities as a client of EBP to notify us of changes to your health or those close to you
- The steps to take when changing your schedule for any reason
- The numerous options available for you to communicate with the entire team easily and effectively

We are committed to continuing to deliver our outstanding instruction for our online, virtual, sessions so that you will be able to continue your practice regardless of circumstances.

Thank you for your cooperation during these troubling times. We are grateful to have you be a part of our studio and our intention is to keep you, your fellow clients, our staff and all of our loved ones healthy through vigilance and open communication.

In Health,
Kirstin and the team at Every Body Pilates

Please indicate you have read each of the following items by initialing in the open space to the left.

GENERAL LESSON AVAILABILITY

- _____ I understand that in-person sessions will be limited for each client to minimize exposure for all persons in-studio.
- _____ I understand that determinations as to how many lessons per week can be attended in-person will be decided by management and not by administrative or teaching staff.
- _____ I understand that virtual privates, virtual semi-privates and virtual group sessions at Every Body Pilates, through the video conferencing software Zoom, will be available for all clients as part of our ongoing programming.

_____ I understand that to participate in virtual programming I need to have access to a personal laptop, tablet or smart phone with internet and a camera.

_____ I expressly assume all risks of contracting COVID-19 due to my participation of in-person sessions at Every Body Pilates and waive any claim which I might otherwise bring against Every Body Fitness Pilates, Inc., as a result of my COVID-19 diagnosis.

_____ I understand that if I have any concerns or questions about COVID-19 I should direct those questions to my doctor.

LESSON CANCELLATIONS & QUARANTINE REQUIREMENTS

_____ I understand that appointment cancellations on the inside of 24 hours prior to my appointment will be charged in full.

_____ I understand that appointment cancellations must be submitted via email to frontdesk@everybypilates.com or by texting 617-484-3311.

_____ I agree to cancel my in-person sessions if:

- I feel under the weather or am experiencing a cough, sore throat or fever
- If someone in my immediate household is experiencing a cough, sore throat or fever

_____ I agree to cancel my in-person sessions for a minimum of 14 days (or proof of a negative COVID-19 test) if:

- I have come in contact with someone diagnosed with COVID-19
- Someone in my immediate household has come in contact with a person diagnosed with COVID-19

_____ I agree to notify Every Body Pilates if:

- I personally have been diagnosed with COVID-19, immediately after attending in-person sessions
- Someone living in my immediate household has been diagnosed with COVID-19, immediately after I attend an in-person session

_____ I agree to follow state recommendations, guidelines or rules regarding quarantine as they are updated.

_____ I understand that my in-person sessions will be cancelled for a minimum of 14 days should I attend a lesson on the same day that another client or staff member who has been exposed to COVID-19 was present in the studio.

_____ I understand that if my in-person sessions are cancelled, virtual sessions will be made available. I understand that my virtual options may not be on the same day or time due to schedule limitations, the possibility of instructor illness and unforeseen circumstances related to COVID-19.

STUDIO WIDE QUARANTINE PROTOCOL

Every Body Pilates will enforce a **mandatory 14 day quarantine** for anyone who visits the studio on the same day as:

- Any person, staff or client, who reports contact with COVID-19
- Any person, staff or client, who reports diagnosis of COVID-19

Please Initial _____

FRONT DESK (SCHEDULING, BILLING, PURCHASES, ETC)

_____ I understand:

- Administrative staff will be available Virtually Only
- All administrative tasks: Scheduling, Billing, Purchases etc. should be done via email, phone, text or through the Online Client Portal
- Instructors are prohibited from assisting in these matters in-person due to the strict time constraints and restrictions between client sessions.
- Clients will be asked to leave promptly after clean up.

HOW TO ENTER THE STUDIO

_____ I agree to:

- Text upon arrival and wait in my car or on the street
 - Text 617-484-3311, instructor will respond at time of entry
- Wear a mask at all times – no exceptions
 - If I have forgotten my mask
 - Text 617-484-3311
 - A \$5 disposable mask can be purchased prior to entry
- Use hand sanitizer immediately upon entry
- Stand a minimum of 6 feet away from other patrons, staff and building employees.
- Adhere to all posted signage in lobby, studio and bathrooms.

I agree to:

- Knock on Main Studio Door after entering building
- Wait until my Teacher lets me in
- Select my personalized prop kit available to my left
- Find my assigned “Studio Zone” listed on the white board immediately upon my entry.
- Once in appropriate Zone, I will use supplied dry erase marker to label my prop kit with the time of my appointment.

DURING SESSIONS

I agree to:

- Wear my mask for entirety of lesson and while in the building
- Remain 6ft apart from all other people
- Remain in Studio Zone for entirety of session
- I will use only the props and equipment available to me in my prop kit and Studio Zone. Should I need an additional prop I will request assistance from my teacher and will not try to retrieve it myself.

I understand sessions begin promptly and end on time. All in-person sessions last 45 minutes.

CLEAN UP

I understand that sessions last 45 minutes and that clean-up is restricted to 8 minutes.

I agree to:

- Use antibacterial wipes supplied nearest to my Studio Zone, to wipe down all equipment and props.
- To return sanitized props to my designated Prop Kit
 - I understand that my used hand towel will be placed in the laundry basket in the hall and not my prop kit.

CLIENT EXIT

I understand that:

- I am responsible for exiting promptly without lingering
- I am responsible for bringing Prop Kit and Hand Towel to lobby
- I will leave my Prop Kit in designated area in lobby
- I will leave my Hand Towel in laundry basket in lobby
- I will leave promptly through the front door or elevator to limit the possibility of passing by the next set of clients waiting to enter the building.

I have read and understood each of the items listed in this agreement. I understand and agree that Every Body Pilates reserves the right to update or change this agreement at any time. I understand that I am fully responsible for practicing proper hygiene and health practices as recommended by my doctor and leading medical professionals.

Print Name: _____

Signature: _____

Date: _____