



May 18th Reopening Plans

From the entire Team, we THANK YOU for allowing us to serve you in Virtual Training during this difficult time. Your support allows us to save jobs and keep the Team working. We will continue to offer Virtual Training options for an extended period of time as we reopen and can evaluate the new normal for business operations. Your safety is our #1 priority.

We appreciate your feedback, and ask that you call or text us at 316-833-0999 so that our Studio Manager, Steven Crafton, can be of help.

If you currently have borrowed equipment, please plan to return all items on Friday, May 15th between 1:00pm - 4:30pm or Saturday, May 16th between 10:00am to 1:00pm.

For those that don't plan to come back to the studio immediately and have equipment, please coordinate with Steven at 316-833-0999.

Summary of Reopening Plans:

- The facility will resume normal operation with gatherings limited to 30 people.
- All training programs will continue to have virtual options for a period of time
- 6+ feet social distancing at all times.
- No touching of clients (includes stretching, high fives, fist bumps, handshakes, etc).
- Prefer that clients bring CLEAN gym shoes only for workouts, change when arrive.

Cleaning Protocols:

- EPA approved cleaning products will be used for cleaning all surfaces, equipment, and items of frequent use including but not limited to: equipment, door handles, counters, pens, clip boards, cubbies, mats, and stretching tables.
- Ask for client's help to sanitize equipment as you go in Semi-Private and Group Training sessions before items are used by others or put away for the next class.
- Personal Trainers will be cleaning/sanitizing items in the private studio.
- Floors will be mopped daily with an EPA approved cleaning solution.

Use of Masks:

- Clients can wear their own masks or disposable masks will be provided should we continue to be able to procure them at a reasonable cost.
- Trainers will be provided washable masks to wear should clients prefer them to be worn--please

let us know of your preference.

Office Space:

- Trainer desks will be spaced 6+ feet apart and not facing each other.
- Social distancing will be maintained for 1-1 internal meetings.
- Team meetings will be held in an open area with adequate social distancing.
- New client consultations will be held in a private office with adequate social distancing.

Lobby Area:

- The front door will be propped open as weather permits.
- Ask that clients and trainers do not congregate in the front lobby or cubby areas.
- The front desk iPad with NOT be used and Trainers will check you in on their phones.
- Supplements will still be available for purchase, text us at 316-833-0999 and we can reserve products for you to grab and go.
- For account questions, we ask that you call us at 316-833-0999 instead of waiting in the lobby area.

Cubby Areas:

- Ask that clients do not congregate around the cubby areas.
- Please drop your stuff in a cubby and space out along the perimeter of the room if you arrive early (please do not arrive more than 2-3 minutes early).
- Please take your water/towel with you instead of going back to your cubby at breaks.

Personal Training Studio:

- Virtual Personal Training will continue to be offered as needed.
- Trainers will maintain 6+ feet of distance from clients and other Trainers at all times.
- Warm-up/foam rolling areas will be spaced out.
- One client at the cubby area at a time.
- Limited to every other cardio equipment in use at one time.
- Weight benches will be placed 6 feet apart, please leave them spaced accordingly per the markings on the floor.
- All equipment must be sanitized before it's put away.
- Manual/Trainer stretching/Hypervolt sessions will be replaced with self-stretching instructions/coaching instead.

Semi-Private Training Space:

- Virtual Semi-Private Training options will continue to be offered as needed or requested.
- Floor markings will be used to identify premeasured safe social distances for warm-up and training spots for clients.
- Rogue Rack spacing is 6+ feet per usual usage (including benches and landmines).
- Prowlers to be used every other.

- We ask for your help in sanitizing equipment (or leave out) after each use before it's put away.
- Do NOT share equipment between clients.

Group Training Space:

- Virtual Group Training options will continue to be offered as needed or requested.
- Floor markings will be used to identify premeasured safe social distances for warm-up and training spots for clients.
- Rogue Rack suspension trainer use must be every other.
- Prowlers to be used every other.
- We ask for your help in sanitizing equipment (or leave out) after each use before it's put away.
- Do NOT share equipment between clients.
- Group Training will only utilize static sets (circuits and supersets will not be used to avoid having to share unsanitized equipment).

Yoga & Little GoTime:

- Will continue indefinitely as complimentary Virtual options that are open to clients and the public. Please invite your friends and family to join in!