

Hilary Opheim Pilates is a small boutique studio with only private and duet sessions.

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Classes are all virtual and online. Not in studio space. Private sessions are also always available Virtually online as well.

To keep clients and teacher safe in the studio I will be following all guidelines of the CDC and our local officials.

In studio rules:

- No client or myself will be allowed into the studio showing any signs of cold or flu symptoms. You will be turned away and charged for your scheduled appointment. If you're experiencing symptoms, call or text Hilary immediately so you don't get charged.
- I am disinfecting all apparatus, surfaces and metal objects hourly after each and every client.

- All clients will be required to wash their hands for at least 20 seconds before and after their session. There is disinfectant solution at the entrance of the studio as well.
- Please remove shoes before entering the studio, you may leave just outside the door. Exercise socks are required. If you don't have any there are some for sale in studio. Un-grippy exercise socks are allowed but, please be aware they may be slippery on wood floor and apparatus. No bare feet allowed in studio.
- There will be no tactile cueing for your safety and mine. Please wear a mask in the studio.
- I have put marks on floor for social distancing while teaching and please keep the 6ft distance as moving around to

apparatus and refrain from touching what you will not be on in terms of apparatus.

- To add extra precaution, towels are available to place on apparatus or for your head if needed. You are also welcome to bring your own personal towel or purchase one in studio.
- Please leave all personal belongings out of studio if possible. No phones, purses or bags if you can.
- Text when you arrive and please do not arrive early for your session. This way there is ample cleaning time between clients as well as no crossing paths of clients.
- There are HEPA air filters in studio for added measure as well as for your comfort and safety.