

Keeping Safe during this time of Covid-19

These are the steps taken by Hilary Opheim Pilates to make sure that your time in the studio and getting your Pilates session you are safe and have the peace of mind that every detail is being taken care of so you can come in and just focus on your Pilates.

Cleaning- After each client as always the all apparatus that was used is cleaned by Teacher with not only disposable antibacterial wipes but also microfiber wipes. The studio is cleaned top to bottom each evening as well. This has always been followed at studio and will continue to be top priority for your safety and others.

Scheduling- Hilary Opheim Pilates is by appointment only so clients will not cross paths from session to session and also give adequate cleaning time between. Each client is the only client in the space with Hilary.

Handwashing- Hilary and each client washes hands before and after each session. There is also hand sanitizer in studio for you if you need as well.

Air purifier- The studio also has high-efficiency particulate air (HEPA) purifier as well as leaving door open if you prefer.

Studio Space- Hilary Opheim Pilates studio is 966 sq.ft and with only the teacher and client in the space there is plenty of room for social distancing while you are in studio. Full access to all apparatus.

CDC and government policies- Hilary Opheim Pilates follows all the guidelines given by CDD and our local government.

Sick/unwell- No client will be allowed to come into studio if not feeling well. This has always been standard at studio and has not changed.

Things for you as a client to do when coming to studio

- 1. Wait outside studio until teacher ushers you in**
- 2. Leave shoes at door outside studio and have clean socks to wear in space. If you don't have grippy socks we have some for sale in space.**
- 3. Do not come to Pilates if you feel unwell**
- 4. Wash hands in bathroom in the hall directly across from studio before your Pilates and after**
- 5. Bring your own towel**