

InMotion Health Guidelines

Sanitation Protocols

- We will use Hi-Con 64 Neutral Disinfectant & Detergent which meets the EPA's criteria for use against SARS-CoV-2, the cause of COVID-19 to sanitize bikes and weights.
- After each class, **ALL bikes and strength equipment will be sprayed with the disinfectant using our new sprayer to ensure that all surfaces are disinfected.**
- The spinning room will have new wipes that meet the EPA's criteria for use against SARS-CoV-2, the cause of COVID-19, and are specifically formulated to be used with fitness equipment.
- After each class, all high traffic surfaces (benches, front desk, etc) will be cleaned with the Hi-Con Disinfectant spray.

Health & Safety

- After each class, all equipment inside the spinning and fitness rooms, door handles and surfaces will be sanitized.
- Bathrooms will be sanitized frequently during the day.
- Garage doors will be opened to allow for fresh air to circulate during classes.

Staff Safety

- All staff members will be required to undergo temperature checks.
- Masks will be worn by all members of the studio front desk team.
- Instructors will remain on the podium during the entirety of the spin class.

Member Safety

- Please bring minimal personal belongings to the studio. We ask that you don't use the storage units in the lobby.
- All members required to wear masks/face coverings when entering the studio for check-in and common areas.
- Masks are not required to be worn during class.
- To minimize the number of people in the lobby, group fitness class attendees will enter through the outside door at the group fitness room and exit through the back door in the group fitness room. Spin class attendees will enter at the main entrance and exit through the back door of the spinning room.
- We will be suspending complimentary spin shoes for the foreseeable future. Please bring your own spin shoes or appropriate footwear.
- If you are not feeling well, we ask that you refrain from coming to the studio.
- Please bring your own towels. We will be suspending towel service for the foreseeable future.
- Class sizes and overall studio capacity will be limited. Class sizes will be reflected

within MindBody and the InMotion app. **We encourage you to pre-register for classes as we cannot guarantee a spot and will be very strict with the numbers allowed in the studio.**

-Spin bikes will be positioned to adhere to social distancing guidelines.

-We ask members not to congregate after class for more than 15 minutes inside the studio with social distancing.

Check in

-We ask that you wait outside of the studio if you arrive early for class.

-We will start checking in members 15 minutes before class.

-We will provide infrared forehead temperature checks for all members at the time of check-in. **Anyone who has a temperature > 100.4 degrees will not be allowed into the studio.**

-Please use a hand-sanitizer before you go into a class.

-Front Desk Staff will check-in all members at the front desk.