

Welcome to Phase 2 at Piyoba Studio. We are planning for a return to a limited in person schedule on Saturday, June 13. The Piyoba instructors are excited to see you and want to make your return as smooth and safe as possible. Please read the following information carefully for details on our return to in person sessions.

At this time, we will be bringing back only Reformer classes and private/duet reformer sessions. Class schedules may differ from previous schedules in order to allow extra transition and cleaning time. Class sizes, times and procedures may also be modified in order to maintain social distancing. For full sessions, please join the wait list. We will monitor demand and add sessions as needed. The schedule for June is now available on MIDNBODY for registration for in person and virtual classes.

Please double check you class start time. Some classes have extra time between sessions in order to provide time for prior classes to safely leave the facility and instructors to check all cleaning benchmarks prior to the next session. Some virtual classes may have a time change to accommodate instructors additional classes.

There is a new additional waiver required to participation for person classes. You MUST sign this waiver prior to you first class. Instructors will have copies of this new waiver for your signature.

Please remain outside the studio until you either see your instructor come to the facility door to wave you in or you receive a text/call from you instructor that they are ready for you to enter the facility.

Please proceed straight to your room upon entering. If you need to use the rest room or would like to wash your hands before your session, please do so and then enter the room. There is a hand sanitizer station to the right of the entrance for your use before and after class. Instructors will also wash hands and usehand sanitizer before each session.

Please leave as many personal items was possible in your vehicle. The cubbies outside the reformer room will be used to store items you bring into the studio. All shoes will also be left outside the studio. Please change into clean grippy socks prior to you session. **CLEAN GRIPPY SOCKS ARE REQUIRED BY EVERYONE.** Grippy socks will provide an added level of protection to floors, mats, and Pilates equipment.

The reformers have been completely cleaned for your safety. You will be responsible for cleaning all your equipment after your sessions. All vinyl reformer surfaces and mats must be wiped by the client. Any metal or wooden surfaces, weights, balls, yoga blocks are to be wiped with disinfecting wipes. All clients are responsible for cleaning any equipment used during their session. This include all privates and class sessions.

You may wear a mask for your session, but we understand that this may be uncomfortable while working out, so it is not required.

Any personal equipment that you would like to bring is welcome. If you do need to use Piyoba equipment, please take extra care in wiping all equipment that you touch. For equipment classes, please clean all areas of the reformer, or chair that you have touched.

Following your session and cleaning, please leave the studio and return to your car. You may visit the restroom if necessary. Please do not linger in the lobby.

Please do not attend your session if you have any signs of illness. We will continue to relax our cancellation policy and pull from waitlists as necessary.

For those who are still not comfortable returning to the studio, we will continue to offer a number of virtual sessions. Session times may vary from the previous virtual sessions due to in studio sessions but will remain available until deemed unnecessary. Some virtual sessions will be running concurrently with in person sessions.

Below is our planned schedule for June. Adjustments will be made as we evaluate demand and instructors availability.

We are excited to see you back at Piyoba Studio, but understand if you are not ready to attend. We will continue to monitor health department and industry guidance to provide the safest environment possible for all our client and instructors. Please bear with us as we navigate this new fitness environment. If you have any questions, please feel free to reach out.

June Schedule:

Monday

9:15 pm	Virtual Barre	Shawn
9:30 am	Reformer Plus	Anita
7:15 pm	Reformer Plus	Anita

Tuesday

9:15 am	Reformer/Tower	Lauren
6:15 pm	Virtual Barre	Shawn
7:30 pm	Beginner Reformer	Shawn

Wednesday

9:15 am	Virtual Barre	Shawn
9:30 am	Reformer Plus	Anita
10:30 am	Virtual Mat Pilates	Anita
6:15 pm	Virtual Cardio Dance	Meshell
7:30 pm	Virtual Mat Pilates	Darina

Thursday

8:00 am	Virtual Mat	Lauren
9:15 am	Reformer/Tower	Lauren

6:15 pm	Virtual Barre	Shawn
7:30 pm	Beginner Reformer	Shawn

Friday

7:15 am	Virtual Cardio Dance	Meshell
9:15 am	Virtual Barre	Shawn
11:15 am	Virtual Mat Pilates	Anita

Saturday

9:30 am	Virtual Mat Pilates	Darina
10:00 am	Reformer/Tower	Staff