

PLEASE READ (updated 9.22.20):

Looking forward to having you in class! **You may choose between 3 class options. STUDIO (highlighted in purple and attended at Baila Comigo), VIRTUAL (highlighted in green and attended live at your home) or VIDEO (highlighted in black and attended at your convenience at your home).**

You must have a prepaid class or membership to sign up for online classes. For your convenience you may easily purchase one class, multiple classes, or memberships securely online at <https://www.baila-comigo.com/rates-and-memberships.html> You may register for classes **7 days** in advance. Payment will be assumed at point of registration and deducted from your passes prior to class start if you have not cancelled your sign up.

You may sign up for classes without creating an account however, it will be easier to manage changes and avoid typos if you do have a log-in. Please note you *will* need a log-in to be able to view the prerecorded VIDEO classes. You may create an account at <https://app.punchpass.com/org/365/auth/account/new?as=customer>

STUDIO CLASSES: Studio classes are attended live at Baila Comigo. Currently class is limited to **7 people** and you **must** sign up to attend. A wait list will be available. Please be kind and do not hold a spot and then cancel last minute. Please adhere to the following guidelines when taking class at Baila Comigo.

- Classes limited to 7 people until further notice
- Do not enter if you have a fever, cough or cold, sore throat, or difficulty breathing
- Must be signed up to take class
- Must have signed waiver form online (See Ana if you need to sign one)
- Must have prepaid drop in class, classes, or membership
- Remain in car until 5 minutes before class start time
- Carry in sneakers
- Wear mask upon entering building
- Socially distance 6 feet apart
- Sanitize your hands upon entering building (Sanitizer on Ana's desk)
- Do not use cubbies (please empty your cubby)
- Use waiting room briefly just to change your shoes
- Bring your belongings/water bottle with you to your designated area in the studio
- Remove mask **only** while exercising and socially distance **14 feet apart**
- Remain in your designated area in the studio during class
- Wear your mask and socially distance while walking to the bathroom during class
- If you sneeze or cough during class please cover with mask or elbow and then wash/sanitize your hands
- Use your own mat and Toning sticks (See Ana if you need to borrow a set)
- Most classes **will** be live streamed so you most likely will be seen in the background
- After class please put on mask, socially distance, and exit promptly
- Children not allowed until further notice

VIRTUAL CLASSES: Virtual classes are attended live at your home using a Zoom link. Once signed up for a virtual class you will receive a link by email about 15 minutes before class begins to join the virtual class. You will also receive an email to sign Baila Comigo's Waiver if you haven't done so already. First time users please download the **Zoom Cloud Meetings** app on your smartphone, tablet, or computer. You must allow the sound and video to hear and see me. Initially you will automatically be muted and video turned off. You may turn on your video and/or sound to socialize with the group beginning 5 minutes before class. Once class begins I will mute and turn off all videos so that you have privacy and the sound does not create feedback.

VIDEO CLASSES: Video classes are prerecorded classes attended at your convenience at your home. You *must* have a log-in on Punchpass to view the videos. Once registered for a prerecorded class you will be able to view the video at **any** time during the **same** day of the scheduled class. The video will be available from midnight to midnight. You do NOT need to attend class at the scheduled time, however you must sign up for the class prior to its scheduled time. For example, if class time is 9am and you want to attend the class at 1pm, you must sign up prior to 9am or the video will not be viewable at 1pm. You will receive a reminder email about the class but this is *not* needed to view the video. Simply log-in to your account and look for the video in the "Content Library" section which you can find at the top of the page or in the pull down menu. You may start, pause, stop the video at your convenience. Please note that once you sign up for a prerecorded video you cannot cancel your reservation. If you need to cancel you must contact me.

Please note that recording the online live classes or the prerecorded videos is strictly prohibited. Each person taking the class should be signed up even if sharing a screen with a friend.

Stay safe. Although we must practice social distancing, we are here to help you stay socially connected, emotionally balanced, and physically healthy. Ana