



**To all Pilates Connection Winchester Clients:**

Many of you have known me for over 15 years. If there is one way that I hope people describe me, it is this: “Michelle *really* cares about me!” Because it is true!

I got into this business because once I learned what Pilates could do for me, with my scoliosis, I wanted to do two things: first- learn as much as I could about this practice that allowed me to be pain free, and second- I wanted to share what I learned with as many people as possible. I truly care about each and every one of you, and my mission is to keep all of you as safe and healthy as possible.

Now that it is time to reopen, we have put together our  
**COVID-19 Health and Safety Procedures.**

We worked hard to make them  
**Clear, Concise, and Consistent.**

We need everyone to know and understand what to expect from us when you come to the studio, and what we need from you. Please read over them, and contact us with any questions. You all matter to me, more than you know!

XOXO  
Michelle



### **Before coming to the studio:**

Are you feeling unwell? Do you have a fever or dry cough? Fatigue? **Please stay home**, and come see us when you are feeling better.

### **Upon arrival at the studio:**

- Please wear a mask when entering and exiting the building, unless you have a medical condition that prohibits you from mask use. **Per the Governor's guidelines, you may take your mask off during class**
- Enter through the main door
- Your teacher will sign you into your class
- Please use the hand sanitizer located just inside the door to the right
- Please take your personal items with you to your reformer or class (there will be plastic bags at the entrance for your use, if you'd like)
- Please maintain at least 8 feet distance between you and other clients at all times

### **After class:**

- Please retrieve your personal items
- Please discard your disposable mask and your plastic bag
- Feel free to use the hand sanitizer located near the door before you go
- **Please exit the studio via the door in the reformer room**

**We will be sanitizing the equipment before and after each class.**

**We will be opening the door to let in fresh air and sunlight as much as possible!**

**We will also be cleaning and sanitizing the studio top to bottom at the end of each day.**

**THANK YOU!!** The only way we get through this is by caring for each other, relying on each other, and uplifting each other!