



ZT's Fitness

CAN'T Wait to Welcome YOU back!

June 8th is our re-opening date!

No worries, virtual classes are still offered!

Please make sure you read all of the following in detail, make notes as needed and make sure to ask questions if any; also

Make sure that you have signed the new liability waiver – now on your Zen Planner App - prior to participating in classes.

New Safety Covid-19 Protocols

WHEN PARTICIPATING IN "STUDIO" CLASSES:

- You may wear your mask or face covering before and after class(es).
- Please use the restroom at home prior to arriving at the studio. *Of course if ya' gotta go, ya' gotta go :)* ! Only ZT's team/staff will be allowed in the back.
- Please bring your own hand sanitizer, use, and keep with you at all times. Please sanitize your hands and wrists as soon as you enter the studio and prior to exiting the studio.
- Studio will open 10 minutes prior to first scheduled morning class and 10 minutes prior to first scheduled evening class. Back to back classes will have 10-15 minutes of disinfecting and transition time.

- Please wait outside if class is in session prior to your reserved class. Staff will invite you in once prior class participants exit the studio, the room has been disinfected, and is ready for next class participants.
- Studio doors will be locked once class begins to avoid interruptions, and over-limit participants.
- While waiting outside, please respect safe social distancing or wait in your car.
- Your temperature may be checked prior to entering the studio. This may or may not take effect June 8th, re-opening date. And can be enforced at any time without notice and at the discretion of any of our staff/team members. Checking your own temperature at home is a great idea!
- Please bring as little into the studio as possible. At this time we will not allow any personal belongings in the workout area of the studio. All belongings must be left in the new “waiting area”. You may bring your water, a towel, a mat, and any loaned equipment when participating in strength training, tabata bootcamp, or barre. We are very low on certain weights due to the loan outs. We are currently working on acquiring new dumbbells - the entire country is low on wholesale inventory and expected ship dates are late July. We encourage you to purchase your own equipment, including such that you currently have at home, owned by the studio. Text Teri for pricing.
- Please note that soon after entering the studio you will proceed to your designated numbered area. We ask that you please stay in your designated area at all times and respect social distancing safety.
- Please respect our studio team as we welcome you back with open social distancing hugs, eager to see you, and as we all learn our "new" guidelines for the safety of all.
- Please note: all protocols and safety guidelines are subject to change at any given time and without given notice.

- The health and safety of our members and team is our top priority, we appreciate your assistance in helping us provide a safe, clean, and healthy space.
- Please STAY HOME if you feel sick, especially with flu-like symptoms. If you feel exhausted or very tired, have a fever, cough, shortness of breath, difficulties breathing, slightly higher temperature than normal, or if you've been in contact with someone who's been sick.
- As always, we take top priority in the cleanliness of our studio. We will continue to practice our standards and will continue sanitizing all equipment after each use, sanitize all door handles, bathroom fixtures, counters, floors, and often touched areas on a daily basis and after each class.
- PLEASE NOTE: RESERVATIONS ARE A MUST! NO WALK-INS!
 - Zen Planner reservations are a MUST;
 - You will Reserve "virtual" for at home class via zoom; or
 - Reserve "studio" if you wish to physically come in;
 - You may reserve 1 week in advance for any in "studio" class;
 - 10 spots will be available for in "studio" classes starting June 8th, our re-opening date. More spots will become available as we feel the safety of all is in place and guidelines are being followed with ease;
 - A waiting list will be opened after capacity of 10 is reached for all in "studio" classes; all notifications will be sent via electronic mail, please make sure to check your email often if you go into the waiting list. As soon as a cancellation happens, all will be notified via electronic mail;
 - We ask that you please reserve 2 hours prior to all night classes; and 1 hour prior to all morning classes;
 - If no "studio" reservations are booked 2 hours prior to night classes or 1 hour prior to morning classes, the teaching instructor may choose to stay home and teach virtually via zoom;
 - You MUST cancel your reservation 2 hours prior to class starting time for night classes; and 1 hour prior to class starting time for morning classes;

- No-Shows and late cancellations will incur a \$5 No-Show/Late Cancel fee. This fee will be added to your account balance. Please refer to cancelation time requirements above.
- If you need to update your account information, phone, email, address, bank, credit or debit card information, please do it remotely. Simply email, text or call, we will gladly take care of it.
- If you have issues with the Zen Planner App, please contact Teri immediately or the teaching instructor for whichever class you wish to participate in or cancel within the cancellation guidelines. Remember to always close down all other apps and to Re-start the Zen Planner App as needed.

EVERYONE has my number! Well, you should! Always text or call for faster communication, if you need anything, I mean anything, please reach out to me, 772.323.5299 day or night!

For now my friends, I will repeat myself, THANK YOU from the bottom of my heart, and my studio team ~ we LOVE and APPRECIATE you, and your support during these “new” times ♥

Besitos,

Teri 😊

PS: Please take a minute to leave us a review on Google; even if you’ve done one before, we need it now more than ever. You can also simply copy and paste your Google review onto our FaceBook page reviews section! THANK YOU! Referrals are always our best way to re-grow and re-gain memberships, we appreciate anyone you send our way, whether virtually or physically, a thank you gift will be given for all referrals ♥

The logo for ZT's Fitness is written in a black, cursive, handwritten-style font. The text "ZT's Fitness" is centered and has a light blue, brush-stroke-like underline beneath it.