



LIVING WELL MOVEMENT

New Policies for LIVING WELL MOVEMENT CENTRE – COVID-19 Safety Protocol

Given the current concerns regarding COVID-19, we ask all clients who have travelled outside of Canada in the last week to re-schedule your visit, refrain from making appointments or coming to classes for 14 days after returning to Canada.

Some of our clients are immunocompromised, our goal is to reduce the risk to our most vulnerable students. If you are unwell, have symptoms of a flu or cold – we ask that you please stay home until ALL symptoms have passed.

We will be taking temperatures to screen for fever before each group class begins.

Please use the sanitizer provided in our lobby and sanitize your hands upon entering our space.

Our lobby is small and we ask that you be aware of your distance to others as you enter and exit after classes (wearing your mask), this may require you to wait outside until a client has gone into the main studio. No more than 2 people in the entranceway at a time, you can look through the window to see if the way is clear.

Masks are to be worn in and out of the studio and during transactions or times when you are unable to socially distance within our venue, however during exercise you are permitted to not wear one. We have a great ventilation system and the ability to open windows and doors!

Please arrive NO MORE THAN 15 minutes prior to any class, DO come a few minutes early to ensure you are ready to go when classes start. We prefer you to not enter the room late and miss important warm up or intentions for the days practice. We appreciate your consideration for all your fellow classmates.

Our washrooms are sanitized after each use, to minimize risk we ask that your please come to class IN your workout attire, so the wash/changerooms remain as touch free as possible. Please ensure you wash your hands thoroughly after use.

In both Pilates and Yoga we use a variety of props, due to the extensive cleaning this requires per item at this time, we will not be lending mats, blankets, bolsters or any cloth props. We kindly request you bring your own for all classes. Also bring your own water, it is important to stay hydrated.

We have all kinds of props for sale and we encourage you, if you love and/or need to use these props, to bring your own, or purchase your own from us. Please let us know what you might need, and we can help you to find what you are looking for!

We encourage you to wear Toesox or other grippy socks for Pilates. This is not mandatory however highly encouraged.

We are navigating challenging times, we ask for your patience and kindness to all even when things are frustrating, we are all trying to get through this, and your kindness makes a HUGE difference. Thank-you!

We look forward to seeing you in class soon,

LWMC Team