

RULES



AEROBICS ROOM

**MASK
STRONGLY
RECOMMENDED
AT ALL
TIMES**

**Places are
marked on the
floor**

**Mask Mandatory
in the following classes:
HIIT, Raph Blast, Gym
Stick, Body Design, Butt &
Abs, and Max Out.**

**1 bottle
of cleaning
product/person
Please present yourself at
the front desk**

**15 participants
maximum**

**2 sets of weights
max/person**

Aerobics Room

BodyTone rules during COVID-19

- 1 Participants must present themselves at the front desk before class begins.**
- 2 After registration, each participant will get a spray bottle. Remember, you must return the bottle after class!**
- 3 Masks are mandatory while moving around, and in some classes must be worn at all times**
- 4 You must maintain a distance of 2 meters at all times with the other participants**
- 5 You must wash your equipment before and after each use.**
- 6 We recommend that you bring your own yoga mat to class.**

Once your class is finished, please leave as quickly as possible. But come back to us soon!