



An Update from us on COVID-19

Thank you to those of you who have continued your pilates practice with our virtual classes. It been such a positive impact to see your faces and feel like we are still providing a valuable and purposeful service. We will continue to provide virtual group classes and private training for those of you who feel more comfortable practicing from home.

We still are not sure how we are categorized and if and when we are allowed to open. If we are considered a gym, then we must remain closed. If we fall under personal services, we are allowed to have 1 person at a time in the studio.

However we move forward, we will proceed with care and common sense. I am analyzing our ventilation and will address any additional precautions needed.

When we do open, will start to by offering private training with only 1 trainer and 1 client in our 1100 square foot space. Sessions will continue to be 55 minutes, with 20 minutes between clients. In order for this to work, we need to be efficient and start and end on time. Clients can enter the studio 5 minutes before start time. We ask that clients wipe down any equipment they used in the last 5 minutes of their session. The instructor will also be disinfecting and sanitizing between sessions.

To assist with our planning, I will be contacting current private clientele with questions regarding masks, distancing and spotting.

If any group class clientele, or anyone else, would like in studio private training while waiting for group classes to start, please contact me.

Remember, virtual private and group training will always be an option.

Feel free to contact me with any questions or concerns.

Stay safe and healthy. Miss you all.

Stefanie

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**Chesapeake
Pilates Center**

Sign up for Virtual Classes [here](#)
Visit our Covid-19 Pilates Survival Guide [here](#)

