

YOUR HEALTH AND SAFETY ARE OUR TOP PRIORITY AT KARMA BARRE AND YOGA

Upon reopening we are taking extensive health and safety measures with new studio guidelines to provide all of our members with a safe class experience. As this situation evolves, we will continue to ensure that the proper precautions are being taken so that everyone feels safe coming to class.

1. **Limited Class Size:** In accordance with the New Jersey Governor's recommendations we are limiting our in studio classes to 25% of our normal capacity. Therefore, we ask that you register in advance for in studio classes; in the event that you register and do not attend there will be no show fee assessed.
2. **Virtual Classes:** All of our in studio classes are being simultaneously streamed via Zoom so you have the choice of either taking the class in studio or taking the class virtually.
3. **Hands on Adjustments:**
Our instructors will refrain from hands on adjustments and rely on verbal cueing to ensure good form and safe alignment.

4. **Weights, Mats and Props:** We ask all clients to bring their own mats and light weights if at all possible. There will be limited use of any other props such as bands and balls and we ask clients to bring these props as well if they have their own.
5. **Cleaning and Sanitation:** Studio room, barre and equipment will be cleaned and sanitized thoroughly after classes. We will also disinfect high touch areas multiple times per day. During classes windows will be open and air conditioning will be on as well as ceiling fans to keep fresh air circulating through the studio room.
6. **Hand Sanitizer:** Hand sanitizer and soap and water is available throughout the studio for clients' use.
7. **Masks:** Masks are available for purchase upon request.
8. **Barre Socks:** We ask all clients taking in studio classes to wear barre socks (socks with a grippy bottom). Barre socks are available for purchase at the studio.
9. **Social Distancing:** We ask all clients to maintain safe distancing while in the studio, before during and after class.

10. **Client Guidelines:** We ask that clients refrain from person to person contact including handshakes and hugs. We also ask that before and after class conversations be limited and that masks be worn before and after classes. Finally, please stay home if you have a fever or any other symptoms of COVID-19 or if you have been in close contact with anyone that has tested positive for COVID-19.

Let's all do our part so that we can continue to offer both in studio and virtual classes! We thank you for your continued support and hope to see you in class!