

# Fitness Class Guidelines

For your safety and the safety of others, please:

- Register online; in-person registration and drop-ins can be paid by credit card only if space allows
- Bring a mat, towel, yoga blanket and water bottle. No mats, yoga blankets or cloth straps will be provided
- Do not gather near the equipment cart; stay 6' apart while waiting your turn
- Face the top of your mat to the stage on one of the designated circles
- No instructor-student contact, adjustments will be made verbally and from a safe distance
- Place used equipment in designated area to be cleaned

***When you enter all areas of this facility, you acknowledge that you are using this facility AT YOUR OWN RISK.***

For updated information, visit [DCRanch.com/coronavirus](https://DCRanch.com/coronavirus)

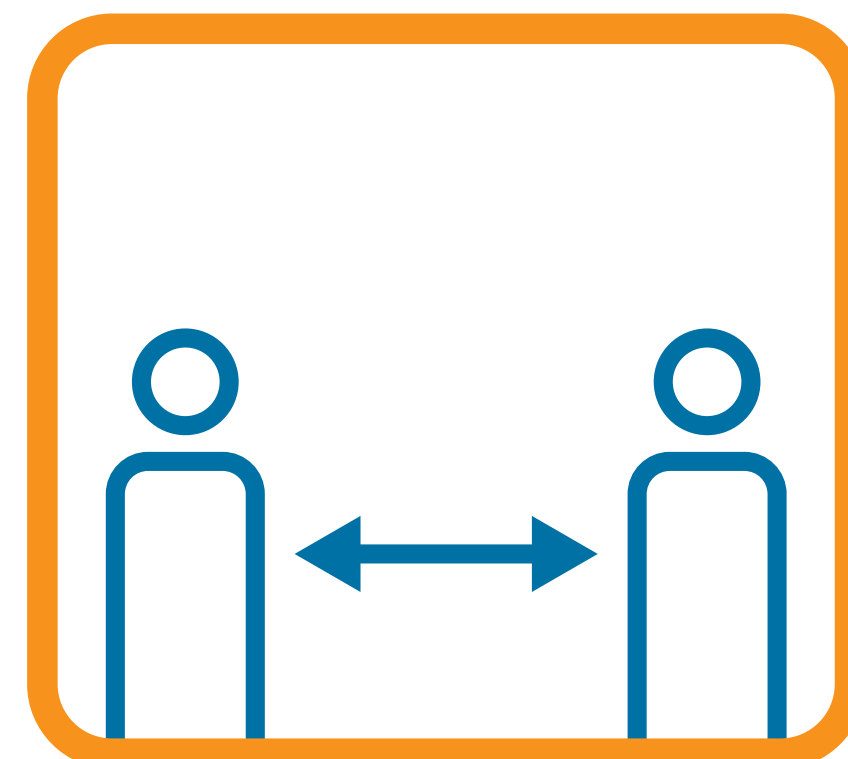
***To limit Coronavirus/COVID-19 in DC Ranch, please adhere to guidelines from the Public Health Authorities***



Stay home if sick



Stay home if at higher risk



Maintain 6 feet of distance



Mask required



Cover coughs/sneezes



Wash hands

