



Your comfort and safety are our priority! Let's stay positively fit together by following these guidelines:

~ [Proof of vaccination](#) will be required to use the Studio by Sept 13, 2021. Please wear a mask for your workouts (unless you have the Studio to yourself with a premium membership or you are with your bubble person). Are you double vaxed but without a passport for political reasons? Please [contact me](#) directly and we can work this out together😊

~ Please avoid any heavy breathing practices (either weight lifting or yoga pranayama)

~ Please read through our Studio Etiquette (noted below).

~ Please book your gym times (<https://www.positivelyfit.ca/book-your-time/>) prior to your workouts. During registration, create an account and log in (top right of screen) to save your info & preferences and streamline registration process.

~You can manage your gym and PT booking through the client scheduling app. Two ways to get the app:

1) From your confirmation page: when you make your next appt, your confirmation email will display a QR code. Use your phone camera, hover over the QR code and the app will automatically load.

2) from the app store: upload the app from your app store - "Acuity Scheduling Client" and insert this link: <https://positivelyfitclientscheduling.as.me/schedule.php>

Studio Etiquette

- 1) Please stay home if you feel unwell.
- 2) Please wash your hands upon arrival and before leaving.
- 3) Thank you for ensuring your gym time falls within your pre-booked time slot.
- 4) Feel free to book your gym time to a maximum of 3 bookings per week.
- 5) Ensure you cancel within 24 hours if you can't make your booking.
- 6) Please bring your indoor workout shoes and a water bottle with you for your workouts. We no longer allow this personal equipment to be left at the Studio.
- 7) Please wipe down equipment and mats as you go using a fresh cloth every time. Gov't approved antibacterial cleaner provided.
- 8) Please ensure you choose your equipment and gym space so as to allow 2 metre distancing.
- 9) Before departing, please close sliding glass door and windows and lock the front door by pressing lock icon on key pad.

premium membership allows you to book a time slot at the Studio for yourself and one family member or "bubble person" to share for up to 3 x week during off peak gym times 7 days a week (off peak times are 5am, 6am, 1pm, 2pm, 3pm, 7pm, 8pm, 9pm). There are limited Premium Memberships available. Please contact [Mary](#) directly if interested!

- 10) **Premium Membership:** we now offer a premium membership for \$89.25/month for those wishing to book out the Studio for a private workout This