

Reduce the risk of COVID-19

COVID-19 GROUP X GUIDELINES

In addition to our current Group X Terms & Conditions, and in line with government regulations, please read and follow our COVID-19 Group X Guidelines in order to keep you and others around you safe during your visit.

General

- Stay home if you feel unwell.
- Please use the hand sanitising stations available to sanitise your hands before and after your class.
- Follow physical distancing guidelines.
- Follow the one-way system.
- Face covering must be worn in communal areas of the centre. Customers do not have to wear a face covering when exercising.

Before your class

- All Group X class bookings must be made in advance.
- We encourage you to bring your own yoga/stretching mat, yoga blocks and bands (there will be limited equipment available).
- You will be checked in to class by a member of staff.
- You are only permitted to remove your mask when you enter the Arena. You must wear your mask if you wish to leave the Arena (i.e to use toilet facilities).
- Arrive 'class ready' as no changing or shower facilities will be available.
- Only a water bottle is permitted in your activity area (sweat towels are not allowed at this time).
- Storage boxes will be provided to store all other items.
- We advise you bring a prefilled water bottle that will last the full duration of the class.
- Arrive no more than five minutes before the class to avoid congregation.
- Customers who arrive late will not be permitted into the class.
- If you are unable to attend your class please ensure you cancel online or get in touch with our reception team on 01856 879900.
- Cancellations made within six hours of the booking will be charged in full.

During your class

- Although all of our equipment will be thoroughly disinfected before and after every class by our staff, we advise you to disinfect all equipment beforehand using the disinfectant spray and blue roll provided.
- Stay within your marked activity box throughout the duration of the class.

After your class

- Leave all equipment neatly within your marked activity box.
- Ensure you exit the building promptly using the two exit doors available.

