



J & S Fitness

Updated Class Protocol June 2020

All J & S Fitness members ("Members"), guests and visitors (together "you") must comply with these Protocols. Compliance with these Protocols is important both to ensure the health and safety of our Members and Staff. Any person who does not comply with these Protocols may be ejected from or denied access to the gym or may have their Membership terminated by J & S Fitness if the non-compliance is serious.

We reserve the right to make reasonable amendments to these Protocols at any time. If we do this, we will give Members reasonable advance notice (by placing the new Protocols on the notice board).

CLASSES

1. Class registration / pre-booking will be done via our website at <https://www.jscompanyltd.com/book-online>. Bookings can be made for the following week from the Sunday one week in advance.
2. Persons who continually register for classes but do not cancel or attend the classes they have registered for may have their ability to pre-book discontinued without prepaying for the class they are booking for.
3. Persons will be allowed to attend classes without registering / pre-booking the class. However admittance to the class without registering / pre-booking will be based on the availability in the class in question.
4. All classes will be adapted to adhere to strict social distancing protocols.
5. To adhere to social distancing guidelines our class sizes have been decreased. Please see below the maximum class sizes for each class:

Full Body Blast: 10 persons

Spinning: 10 persons

Cardio Kickboxing: 10 persons

B3 Circuit: 8 persons

Sweat By Dre Outdoor Class: 8 persons

Gentle Flow Yoga: 8 persons

Seniors' Fitness: 10 persons

Step Aerobics: 8 persons

Pilates: 8 persons

Premium F.I.T. Outdoor Class: 10 persons

There will be a reserve listing online for each class to allow persons to pre-book in the reserve slot. Each class will have a maximum of 7 reserve slots. If a cancellation is received the next person on reserve will be contacted via email and phone call.

6. Hands must be sanitized before entering the class room.
7. The use of masks in classes is not mandatory; however please note the use of masks within the facility is mandatory therefore masks should only be removed once you have entered the class space and the class is about to begin.
8. You are required to sanitize/clean your class equipment (mat / spin bike / dumbbells etc you are provided) before and after use.
9. A full sized towel must be used for all classes except Spinning. Half sized towels will be allowed for Spinning.
10. After class please discard all sanitizing cloths used in the appropriately labeled bins.
11. Sign in for classes at the front desk is required and all manual sign ins for members or guests will be done by J&S Fitness Staff.
12. All payments will be done via a touch-less cash/cheque/debit card system.