



PERSONAL PROTECTIVE MEASURES

AGAINST THE SPREAD OF COVID-19

Arrival at the Gym

- Attendance at the gym is allowed only after booking the class or classes and is done only through the Online Booking System of our Gym which can be found at the link <http://tiny.cc/hkrxpz> .
- The maximum capacity of the gym is 10 sq.m. per person per space and is distributed in the 4 Studios of our gym as follows:
 - **Studio 1:** Total number of people 14 (1 Instructor & 13 Participants)
 - **Studio 2:** Total number of people 9 (1 Instructor & 8 Participants)
 - **Studio 3:** Total number of people 7 (1 Instructor & 6 Participants)
 - **Studio 4:** Total number of people 6 (1 Instructor & 5 Participants)

Practices during Exercising

- Clean your hands before entering the gym. Compliance of hand cleaning measures, washing with liquid soap and water, drying using paper towels and then antiseptic.
- In the Group Program Studios there is a marking for your positions according to the 10 sq.m. per person and in which movement is prohibited.
- Avoid joint use or exchange of equipment with others.
- Necessary presentation and use of your personal towel.
- Any individual items such as bags should not be placed anywhere in the common areas of the gym.
- Disinfection of equipment (e.g. bars, trays, weights, step, bicycles) before and after the use with disinfectant available in each area.
- It is forbidden to share or exchange equipment without disinfecting it before.
- Keep two meters of space between you.
- Use of your own personal exercise mat.
- If you are a person who is categorized as high-risk, avoid exercising in our gym during the current phase of the epidemic.