



Proof of Vaccination Required for In-Person Services

In an effort to take the most cautious and careful approach to the variant, HEAL will require proof of vaccination (2 weeks post last shot) for all in-person services (privates, duets, group classes).

Please email a copy or picture of your vaccination card to healpilatesstudio@gmail.com.

Or you can bring your vaccination card to the studio and we will take a picture & make a note in our files. You only have to provide proof of vaccination once. If you're unvaccinated, you are welcome to work with us virtually!

Thanks for helping us keep HEAL as safe as possible!

How has HEAL prepared for COVID safety?

- Masks required for group classes (no exhale valve masks).
- One class in the space at a time.
- All staff fully vaccinated.
- Installed exhaust fan pulling air out of studio & screen door.
- 800 square foot air purifier.
- Instructor maintains 6ft distance & asks permission for hands on cueing.
- CDC approved disinfectant wipes on machines.
- Hand sanitizer and disinfectant wipe stations.
- Clients wait outside for appointments.
- Coat rack for belongings & cubby for shoes.