

Bangin' Body Training Center

www.Banginbodytraining.com

129B Corporate Drive
Swansea, IL 62226

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The following document outlines Bangin' Body Training's practices and protocols that will guide all behaviors while in the training center.

- Pre-registration is required
 - Use the website to register for boot camp
 - Download the registration form and waiver
 - Before enrolling in boot camp or registering for classes, please acknowledge and agree that you have not knowingly been in contact with anyone infected by COVID-19 in the last 14 days. You do not feel sick, have a fever, cough, or sore throat, trouble breathing, or shortness of breath in the last 48 hours. Affirm that you comply with all guidelines set forth by the training center.
- We will follow safety and social distancing practices
 - This means there are 25 spots available per boot camp class
 - We are adding a 7:15am boot camp time to the schedule for 4 weeks to determine if this time is a necessity.
- Please bring your personal mat, water, and a towel to each workout.
 - If you use a cubby at the training center you must clean your mat, weights, and cubby at the end of each workout session.
- Spacing will be marked off using cones, cleaning solutions, paper towels, and hand sanitizer is available while at the training center.
 - Feel free to bring your own wipes, sanitizer, or whatever makes you feel comfortable in the training center environment.
- All equipment will be cleaned and sanitized following each session. The entire studio will be cleaned and sanitized daily.

UPON ARRIVAL:

- When entering and leaving the training center a mask must be worn (nose & mouth fully covered)
- Pick your workout area (marked by an orange cone), grab your weights for use OR feel free to bring your own
- Once settled into your space you may remove your mask for the workout.
- When the workout is over, put your mask back on, clean all materials, return items to their proper area.
- Exit the training center promptly for the arrival of the next clients.

Thank you for choosing Bangin' Body Training as your healthy, well, and fit home! We are happy to be on this journey with you and excited to see you in the training center!

A Better Me Is Emerging!