

Procedures for CHF Classes

- We would like to provide a safe and injury-free environment! We ask all members/guests to let the instructor know if there are any existing conditions that they should be made aware of prior to the start of class.
- All doors will be closed when a class is in session.
- Schedules for each room have been posted on the inside and/or outside of the entry door. Do not enter room when the room is in use.
- Members will wait until the door opens from the previous class before entry.
- CHF Staff, or a volunteer, will check the class roster to ensure that the member/guest is registered for the class. Once the member has been found on the roster, then they may enter the classroom.
- All waitlist individuals will need to wait for all registered participants to check-in prior to entering the class, and will be allowed entry if there is room available.
- Staff will allow 3 minutes tardiness for registered participants. If after waiting 3 minutes after the class has started, then waitlist participants will be accepted and registered participants will forfeit their spot.
- Members/guests can register one-week in advanced for all classes.
- Members/guest MUST be registered in order to participate in classes with their individual Mind Body Account. (*class capacities will be reviewed on a regular basis and communicated when changes occur)
- If you are new to Pilates, it is recommended that you participate in the Intro to Reformer class or take a private Pilates class first.
- If individuals take equipment and/or supplies from the room they must return it after use. (If a class is in session, please leave equipment/supplies near the door. Do not disrupt the class participants.)

Thank you for your cooperation!

5/22/23