

Aerobics Classes

What to Expect



- A team member will greet each customer at the club/lodge main entrance and ask if they are displaying any symptoms of covid-19, or if anyone within their household or someone they have come into contact with has (new persistent cough, loss of smell/taste or shortness of breath). If this is the case you will be denied access and must not return for 14 days.
- The participant's temperature will be taken using a non-contact thermometer.
 - o If thermometer shows 38°C or higher, the customer must leave the building and not return for at least 14 days.
- Arrive no more than 10 minutes and not less than 5 minutes prior to class start time and proceed directly to the studio through the main door as usual, please do not congregate in the lobby.
- Use the hand sanitiser provided as you enter the Studio.
- Whenever possible classes will take place outside.
- The Instructor will register each participant
- Maintain 2m distancing at all times, participants must remain in their allocated marked out space during the class, only leave the studio at the instruction of the class instructor or once the class has ended.
- Observe all signage and instructions.
- A deep clean has been carried out in all areas of the spa, and cleaning will take place after every class. Fogging with a Virucide will be carried out each day. All equipment will be fogged after/before each use.
- There will be a maximum of 15 participants per class, you must pre-book, booking online recommended. If outside we will open up the booking system to more participants 24hours prior where we can, this will be communicated by email.
- Where possible, bring your own yoga blocks, foam roller, mats etc. as necessary for the class.
- The water fountains throughout the club are out of use please bring your own water or purchase bottles from the Brasserie.
- The air conditioning will be in use, this is safe to use and has been fully serviced prior to opening.
- As you leave the class via the internal door please sanitise your hands.



Social distancing must be maintained at 2 metres.

Please keep use of the changing rooms to a minimum, arrive ready for your class whenever possible.

Report any concerns or issues to a team member immediately.