

Dear SP+ family,

Thank You for your patience.

As we get ready to welcome you back in studio during Phase 2 – Safe Transition, we will like to share some updates and safe management practices that we will now be adopting to ensure we continue to offer a safe environment for us all to practice.

Off-Peak / Peak Private Pilates / Yoga session redemption using existing group package

We will be expanding 1:1 Private Pilates / Yoga class timings during off-peak and peak periods throughout July 2020. If you are looking to book a 1:1 Private Pilates / Yoga class, please refer to the class timings in our July schedule, which can be booked on a first-come-first served basis, from **Wednesday 1 July 2020**.

As we transition back into studio, we will like to extend our existing SP+ clients with the option to use existing group package for private class redemption. Off-Peak Private Classes can be redeemed with 2x group session credits, and Peak Private Classes can be redeemed with 3x group session credits.

Please note that we will only be able to work with **clients aged 60 and above on an individual / private basis**.

Please note the following safe management measures ([in line with SportSingapore Advisory For Resumption Of Sport And Physical Exercise & Activity For Phase Two "Safe Transition"](#)) that we will be practicing at SP+ Pilates | Yoga Studio:

- 1) **SafeEntry** - As mandated by the Singapore government, all visitors are required to check in upon arrival and check out upon leaving. Our QR code for checking in along with instructions can be found at the reception.
- 2) **Temperature Screening** - Visitors with a temperature of 37.5 degrees and above, or showing visible symptoms such as runny nose will be asked to leave and seek medical assistance. Please arrive 15 minutes earlier for this.
- 3) **Mask** should be worn as a default throughout class, with exception of clients with existing medical conditions that might cause breathlessness when exercising.
- 4) **Hand sanitisers** are available at every entry point for you to sanitise your hands before entering the space.
- 5) Clients visiting the studio must comply with **safe distancing measures** such as maintaining a 1m distance throughout the studio space.
- 6) There will be a "**no-chill**" policy and we strongly recommend for clients to arrive and leave the studio no more than 15 minutes before and after class.
- 7) **Mat, and/or props will be provided and assigned** during private class.
- 8) While we will continue to provide mats, **bring your own personal towel / mat** if you prefer and where possible.
- 9) **Wipe your perspiration with your own towel**. Avoid touching your face with your hands.
- 10) **Bring Your Own Water Bottle**. Water dispensers will be available and you are encouraged to bring their own bottles.
- 11) We will continue to clean our studio frequently and regularly.
- 12) **All Private classes must be booked in advance, capped to advance bookings of 1 month** (from date of booking). We do not accept walk-ins.
- 13) **Cancellation / No Show Policy** - Due to the limited mats available, please respect our cancellation policy of **12 hours for Private Classes**.

For more information regarding booking, and/or how to utilize your existing package for private classes, please contact us via whatsapp / SMS / call at +65 9029 0687

In-Studio Group Pilates / Yoga Classes

In-studio Group Pilates / Yoga Classes will resume on **Wednesday 1 July 2020**.

In-studio group class will utilize your existing group package / session credits, and can be booked on a first-come-first served basis.

Classes can be booked via our [online booking site](#) or via whatsapp / SMS / call at +65 9029 0687 from Saturday 27 June 2020.

Please note the following safe management measures ([in line with SportSingapore Advisory For Resumption Of Sport And Physical Exercise & Activity For Phase Two "Safe Transition"](#)) that we will be practicing:

- 1) **SafeEntry** - As mandated by the Singapore government, all visitors are required to check in upon arrival and check out upon leaving. Our QR code for checking in along with instructions can be found at the reception.
- 2) **Temperature Screening** - Visitors with a temperature of 37.5 degrees and above, or showing visible symptoms such as runny nose will be asked to leave and seek medical assistance. Please arrive 15 minutes earlier for this.
- 3) **Mask** should be worn as a default throughout class, with exception of clients with existing medical conditions that might cause breathlessness when exercising.
- 4) **Hand sanitisers** are available at every entry point for you to sanitise your hands before entering the space.
- 5) Clients visiting the studio must comply with **safe distancing measures** such as maintaining a 1m distance throughout the studio space.
- 6) There will be a "**no-chill**" **policy** and we strongly recommend for clients to arrive and leave the studio no more than 15 minutes before and after class.
- 7) **Maximum of 5 clients** joining us in-studio per group class
- 8) **Physical distancing of 2 m** between mats
- 9) **Mat, and/or props will be provided and assigned** during group class, and should not be shared with others. Please do wipe down your mat, and/or props after each class.
- 10) While we will continue to provide mats, **bring your own personal towel / mat** if you prefer and where possible.
- 11) **Wipe your perspiration with your own towel.** Avoid touching your face with your hands.
- 12) **Bring Your Own Water Bottle.** Water dispensers will be available and you are encouraged to bring their own bottles.
- 13) We will continue to clean our studio frequently and regularly.
- 14) **All Group classes must be booked in advance, capped to advance bookings of 2 weeks** (from date of booking). We do not accept walk-ins.
- 15) **Cancellation / No Show Policy** - Due to the limited mats available, please respect our cancellation policy of **12 hours for Group Classes.**

For more information regarding booking, your existing group package, please contact us via whatsapp / SMS / call at +65 9029 0687

Virtual Group Pilates / Yoga Classes

Virtual classes will continue until 31 July 2020 allowing our clients to option to continue working out in the comfort of your home.

Please note that these classes will be now **streamed at the same time as in-studio group classes.**

All Virtual classes must be booked in advance, capped to advance bookings of 1 month (from date of booking).

Cancellation / No Show Policy - Please respect our **cancellation policy of 12 hours for Virtual Classes.**

For more information regarding booking, virtual package, please contact us via whatsapp / SMS / call at +65 9029 0687

Whilst we understand these are our new ways of working out, we ask for your patience and cooperation as we transition safely back into our new normal.

Thank you again for your patience, support and working out with us.
Stay safe & healthy! See you in-studio or virtually!

Best Regards,



Stef
SMS / Call: +65 9679 8987



"Positivity always! Progress over Perfection!"