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The year 2020 has been unique and challenging for all of us. Live Inspired Art-Dance-Fitness was born in August, 2019 and never did we think we would be in a pandemic after only 7 months! However we want YOU to know that we are committed to providing you with a place where a community of people can come, de-stress and feed their mind, body and spirit in a safe and non-judgmental place!

Therefore, we want you to know what we are doing to combat COVID-19:

1. Virtual fitness classes will be available – live virtual classes for the month of July and Live virtual, video classes, plus “in-person” classes will be rolled out as soon as NYS gives us the green light. Fitness videos for you to use anytime will be posted in August for all memberships.
2. When we are able to be physically in the studio the following steps will take place:
   1. All classes will require registration so that we can limit group fitness classes for your safety and adhere to CDC guidelines. Large Room 10 max and small room 4. We have a new and improved website so you can book on the website or download the Wix mobile Ap and book on the “go” thru your phone.
   2. Each person entering the studio will have their temperature checked and if 100.4 or higher will be asked to leave.
   3. 6x6 rubber will be on the floor so that you can visually see appropriate spacing for fitness classes such as toning, pound and strong. Lines of tape will be on the floor for Zumba in the format 6ft rows to allow people to move
   4. No one will be able to congregate in the lobby for any period of time. If you are coming to a class you should arrive close to the beginning of class time and if you do need to wait a few minutes in the lobby, facemasks will be required.
      1. The studio will have disposable facemasks available if you forget yours.
   5. Participants can bring their own mats for yoga or if they use a studio mat we will ensure it is cleaned thoroughly after class.
   6. Participants can bring their own 1-3lb weights for toning or they can purchase Zumba toning sticks. If they use the studio weights, these will be thoroughly cleaned after class.
   7. Participants can bring their own pair of pound styx or purchase a pair. If they use the studio pound styx, these will be thoroughly cleaned after class.
   8. All classes will be 45 min to allow for 15 min after class for cleaning all surfaces before the next class begins.
      1. Full cleaning of the entire surface will be done each week and a log will be kept.
   9. If any member becomes ill and tested positive for COVID 19, ALL members will be notified and those at the studio with the infected person will be reported to the CDC, recommending testing and not allowed in the studio for 2 wks per CDC guidelines.
3. Art and Craft Classes will be conducted with tables/chairs 6ft apart. Masks will be optional based on each persons’ preference. Pre-registration for classes will be required.

Your Safety and Wellness is #1 on our list and we will continue to update you per CDC and NYS guidelines as they become available. Stay safe and stay connected!