

THE NEW IMPACT WELLNESS GUIDELINES

DEVELOPING A SMARTER ENVIRONMENT



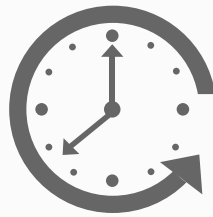
1. GROUP SIZE

We have always been focused on quality over quantity and we will continue to focus on individual and small group training.



2. FAMILY TRAINING

We are now offering more convenient options for families as our programs now allows siblings to train together, despite age differences.



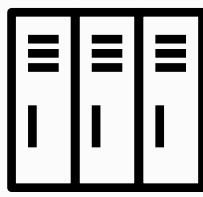
3. STAGGERED TRAINING TIMES

We are implementing a buffer between each session as it will allow us to maintain additional cleaning.



4. WAITING AREA

We kindly ask that anyone not training refrain from waiting in the facility. We are fortunate to offer a significant amount of parking and if it helps, we can text or call when the session ends.



5. ATHLETE LOUNGE

We are temporarily closing the athlete lounge, but still have plenty of space in the entry way should you need to store a bag.



6. WATER STATION

Moving forward, we are asking each athlete to please bring their own water. Thank you!



7. TEMPERATURE CHECK

Upon arrival, we will use a contact-free thermometer to ensure safety for all. Thank you for your understanding. In addition, if you have been in contact with anyone who has shown recent symptoms, we ask that you please reschedule your training session.