

## WELCOME BACK MSF FAMILY

**For the health and safety of our clients and staff, if you have or recently had a fever, cough or shortness of breath. Or, if you have been exposed to someone who is sick, please do not enter. If you're sick, please stay home.**

**DUE TO THE NEW GUIDELINES & SAFETY OF OUR CLIENTS & STAFF WE REQUIRE YOU TO BRING THE FOLLOWING ITEMS TO EVERY WORKOUT SESSION (PT OR BOOTCAMP)**

### MANDATORY ITEMS

- YOUR OWN WATER BOTTLE (FULL) – WE WILL NO LONGER HAVE A WATER STATION**
- ONE LARGE TOWEL TO COVER THE WHOLE MAT**
- ONE SMALL TOWEL TO WIPE YOUR SWEAT**

**NOTE: You will not be allowed to participate in a bootcamp class or PT session if you do not have the items listed above**

**NO PURSES OR GYM BAGS (PLEASE LEAVE THEM IN YOUR CAR OR AT HOME) (NO STORAGE AREA WILL BE PROVIDED)**

**ONLY BRING YOUR KEYS AND CELL PHONE INSIDE**

**SIGN: \_\_\_\_\_ DATE \_\_\_\_\_**

**BY: [PRINT NAME] \_\_\_\_\_**