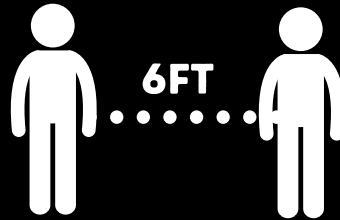
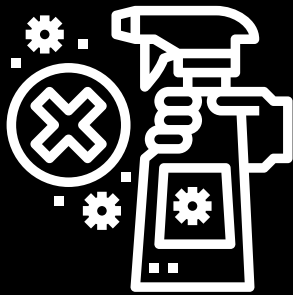


IRON BODY KICKBOXING



OUTDOOR IN-PERSON TRAINING PROTOCOLS

TRAINING SAFELY OUTDOORS



OUTDOOR TRAINING BEGINS

AUGUST 31, 2020

IRON BODY KICKBOXING

#1 - SAFETY EQUIPMENT

- **HAND SANITIZER STATION**
- **TOUCH-LESS ENTRY DOOR**
- **TOUCH-LESS RESTROOM FAUCET & SOAP DISPENSER**
- **SANITIZED HEAVY BAGS**

#2 - SANITAZATION PROCEDURES

- **THE FOLLOWING WILL BE DONE BEFORE AND AFTER EACH CLASS:**
 - **SANITIZE ALL EQUIPMENT & SURFACES**
 - **SANITIZE BATHROOMS**

#3 - CLASS PROCEDURES

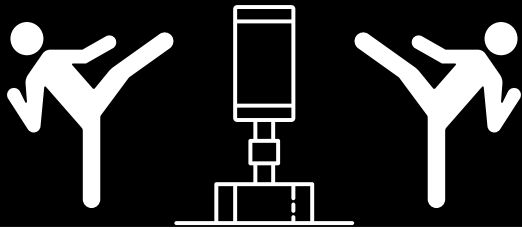
- **THERE WILL BE 20 MINUTES BETWEEN EACH CLASS FOR CLEANING**
- **PATRONS WILL BE ABLE TO ENTER THE STUDIO TO USE THE SANITIZED RESTROOM.**
- **PATRONS/STAFF MUST WASH/SANITIZE HANDS BEFORE & AFTER CLASS**
- **TOUCH-LESS TEMPERATURE CHECKS ONLY IF ENTERING STUDIO**
- **PATRONS WILL BE AT LEAST 6FT APART DURING CLASS**
- **INSTRUCTORS WILL WEAR MASKS**
- **MASKS ARE NOT REQUIRED FOR OUTDOOR TRAINING, BUT RECOMMENDED.**
- **ALL MEMBERSHIP QUESTIONS, PRO SHOP PURCHASES, FEE PAYMENTS, ETC., WILL BE DONE ELECTRONICALLY, VIA PHONE OR EMAIL**

IRON BODY KICKBOXING

TRAINING OPTIONS

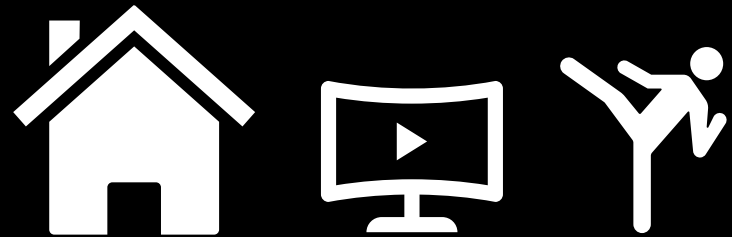
OPTION #1

**TRAIN IN-PERSON
OUTSIDE THE DOJO**



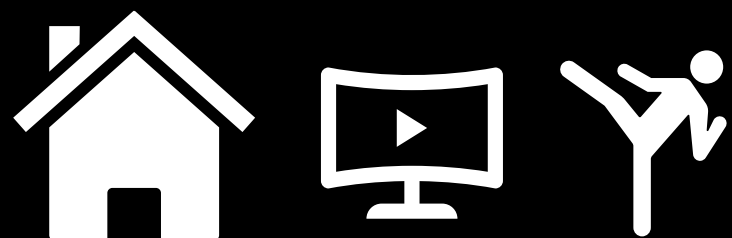
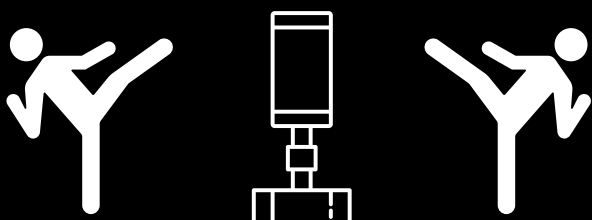
OPTION #2

**TRAIN AT HOME
LIVE & ON DEMAND**



OPTION #3

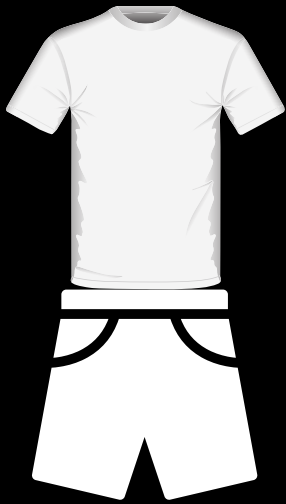
**HYBRID TRAINING:
TRAIN AT THE DOJO & AT HOME**



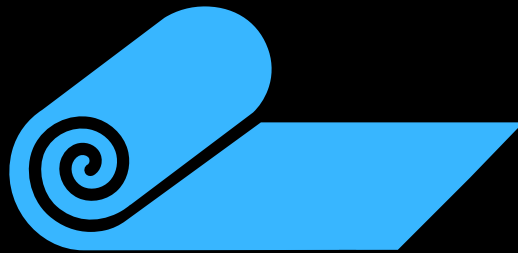
***ALL TRAINING OPTIONS WILL PROVIDE THE SAME HIGH LEVEL OF
TRAINING WITH INSTRUCTOR AID & SUPPORT.**

WHAT TO WEAR & BRING

WORKOUT ATTIRE



YOGA MAT



GLOVES



TENNIS SHOES



WATER BOTTLE



MASK (OPTIONAL)

