

ENSO MOVEMENT DURHAM

COVID-19 CLASS SCHEDULE

PHASE 2.5 SERVICES



○ QUICK NOTES

- We will open for indoor classes Tuesday, September 8th under North Carolina's "Phase 2.5" which **allow gyms to operate at a third capacity.**
- Reduced maximum class size is 6.
- *We are waiting to hear back from Triangle Circus Arts on updated measures for both Phase II and III. Including adding an additional temporary weekday for make-ups.*

○ STUDENT EXPECTATIONS

- Students must wear masks for indoor classes at all times during Phase 2.5
- Students must reserve their spot on Zenplanner.
 - **Otherwise you may be turned away.**
 - Please e-mail info@ensomovement.com if you need help.
 - A single reservation is different than a recurring reservation. **If you'd like to attend a specified class regularly, you must set to a recurring reservation.**
- Bring enough water for appropriate exercise.
- Students are responsible for showing up on time.
- If you are experiencing COVID-like symptoms, please refrain from attending class. If you have attended a class at Enso Movement and have recently tested positive for COVID-19, please alert our staff so that we can take immediate action.

○ STUDENT EXPECTATIONS

- Our coaches will meet students in front of the garage to check students in. Indoor classes will head indoors to their appropriate areas at the start of class.
- Parents / Guardians are welcomed to drop their child(ren) off.
 - Our waiting lobby is closed during Phase 2.5
 - We encourage parents / guardians to hang out in their cars, walk around, visit Durant Nature Park, run errands, etc.
- Please share patience and flexibility as our front desk updates membership accounts. All questions should be sent to info@ensomovement.com

Reserve your class on Zenplanner or be turned away!

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PHASE II CLASS SCHEDULE

MODIFIED CLASSES FOR COVID-19 SAFETY

TUESDAY

4:00PM

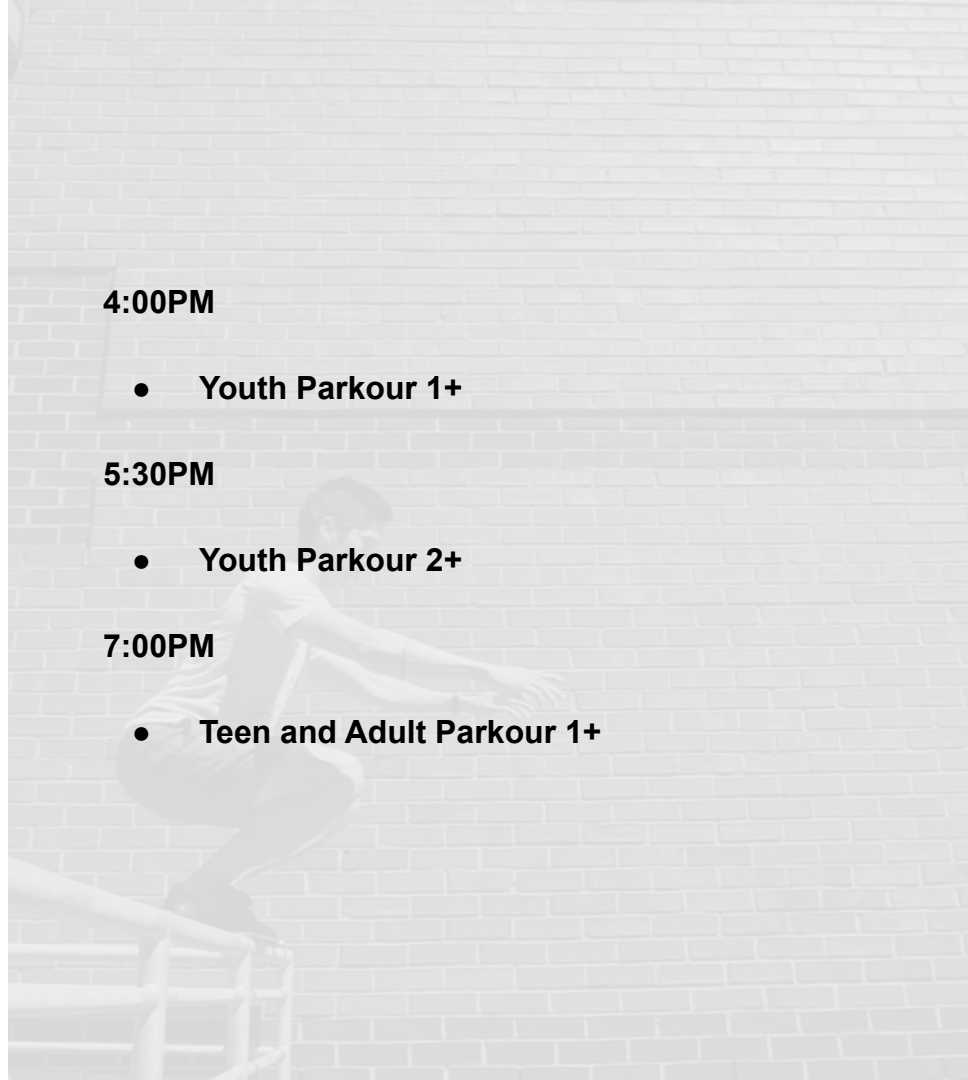
- Youth Parkour 1+

5:30PM

- Youth Parkour 2+

7:00PM

- Teen and Adult Parkour 1+



THURSDAY

4:00PM

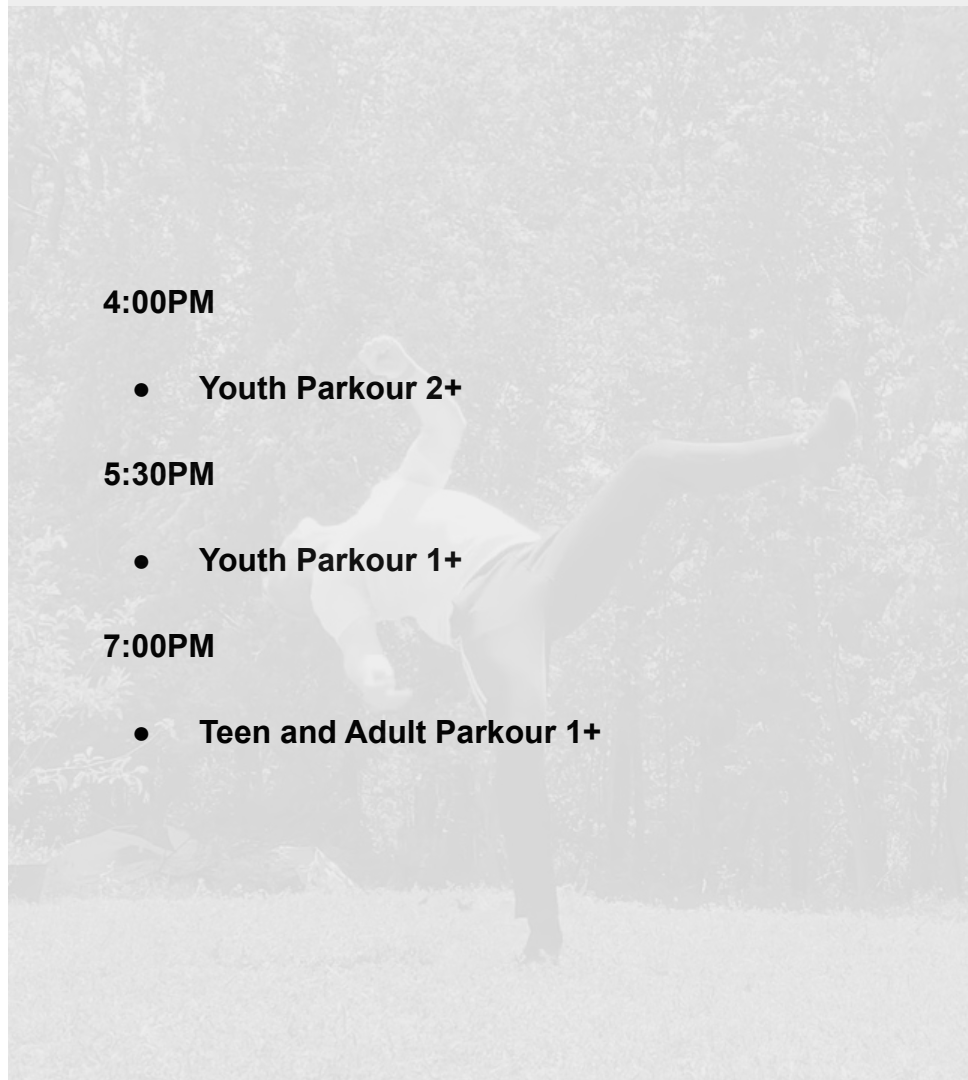
- Youth Parkour 2+

5:30PM

- Youth Parkour 1+

7:00PM

- Teen and Adult Parkour 1+



○ ONLINE RESOURCES

- [Parkour LEADs](#)
- [Quick Calisthenics Workout](#)
- [Calisthenics Strength Routine](#)
- [Exercise Database](#)
- [Outdoor Exercise Recommendations](#)

Want to see more? Let us know what resources you'd like to see added by e-mailing info@ensomovement.com

For additional updates,
visit our **COVID-19 BLOG**



ENSO MOVEMENT

parkour & movement fitness