

HOW TO CREATE **2M (6.6FT)** OF 'SOCIAL DISTANCE' IN GROUP FITNESS

- Provide each member with a space of at least 10ft (3m) wide and 6ft (1.8m) from front to back.

- Use markers on the floor to designate the centre of their space.

- Place each marker so there is 10ft (3m) between markers side to side.

- Setup row 2 so that it is at least 6ft (1.8m) behind row 1

- Stagger each row so that there is 12ft (3.7m) between one marker and the marker directly behind it.

- Numbers are rounded

- Layout can be reconfigured for different room dimensions

