

HOW TO CREATE **3M (10FT)** OF 'SOCIAL DISTANCE' IN GROUP FITNESS

- Provide each member with a space of at least 12ft (3.7m) wide and 9ft (2.7m) from front to back.
- Use markers on the floor to designate the centre of their space.
- Place each marker so there is 12ft (3.7m) between markers side to side.
- Setup row 2 so that it is at least 9ft (2.7m) behind row 1
- Stagger each row so that there is 18ft (5.5m) between one marker and the marker directly behind it.
- Numbers are rounded
- Layout can be reconfigured for different room dimensions

