

STAYING SAFE WHILE TRAINING

Our goal at Zenyo is to keep training as safe as possible. We've adapted in many ways to help students maintain a healthy and active lifestyle during the pandemic.

Jiu Jitsu is our first priority. However, we do not consider training in large groups indoors to be safe at this time.

We've added fitness classes specifically tailored to the demands of Jiu Jitsu that are available online, indoors at the gym and outdoors at Woodberry Park. These classes are guaranteed to get you in great shape!

For now, indoors training is limited to private rolling sessions. Each person will be paired with a designated partner for a month at a time to limit exposure in the gym. All of our Members have agreed to be Socially Responsible to be Stronger. Together. and make the club cleaner than ever.

While there is no conclusive research that shows training together in a large group at the gym is risk-free, there is a study out of Norway that looks hopeful.

Thousands of gym goers were allowed to return to training. The story notes, "In an unusual experiment, researchers found no coronavirus infections among thousands of people allowed to return to their gyms." You can read the story here: [Returning To The Gym](#)

In addition to limiting contact to small groups and private partners, I'm enacting even stricter cleaning practices. Cleaning has always been a priority at Zenyo. Mats will be cleaned before and after every class and between each session. I ask that you wash your hands before and after training on the mats.

Masks and physical distancing are required for group workouts. These measures will help us return to training in a safe manner.

The safety of every single person is imperative and I believe this is our most important mission. We are all in this together and working to help each other in any way possible.

Best,
John Emmett, owner
Zenyo Jiu Jitsu