



March 25, 2021

Dear InMotion clients,

We are in the process of putting our plans in place to reopen this spring and urge you to continue to check email and the Community Corner on our website (beinmotion.org) for additional updates. To keep everyone safe once we reopen, we will be implementing the following guidelines:

- **We are requiring that everyone coming into InMotion be vaccinated and wear a mask. If you have had a vaccine, you must wait 2 weeks after your final inoculation to attend onsite classes or assessments.**
- **No food will be allowed.**
- **Only people with proof of vaccination on file at InMotion will be able to participate in onsite classes. This includes a care provider, family member, etc.**
- **Upon entering, you will be asked to take your temperature using thermometers on the wall in the front entrance.**
- **Hand sanitizer dispensers are located in each classroom and throughout the building. The restrooms have soap and paper towels to wash your hands.**
- **We will be observing 6' distancing throughout the building.**

Below is information we would like you to act on now:

- **Please take a picture of your completed vaccine card on your phone and email it to: drossman@beinmotion.org.**
- **If you prefer, you can mail a copy of the card to: Debbie Rossman, InMotion, 23905 Mercantile Road, Beachwood, OH 44122.**
- **Please email or send the copy of your vaccine card as soon as you can. **You will not be allowed to attend onsite classes without this information on file.****

What you will need to bring when you come to participate (see next page for equipment list):

1. Your own water bottle with your name on the bottle. (Per the Ohio Dept. of Health, we cannot use the drinking fountains at this time.)
2. A bag with handles, marked with your full name on the outside of the bag, to hold your water bottle, equipment, personal items. During classes, this bag will remain in the coatroom.
3. On your first visit, you will receive your nametag. Please keep your nametag in your bag after class. You will no longer be able to keep your nametag at InMotion. The bags and equipment should be taken home each day and not left at InMotion.

Equipment List:

Mindful Movement, Boxing and Pole Striding Plus will require that you bring your own equipment. To give you time to purchase items, we are providing you with the list and some links so you can buy these before we open.

1. **Mindful Movement:** You will need your own yoga mat and towel. The yoga mat can be purchased anywhere (Target, Amazon, TJ Maxx, Marshalls, Walmart, etc.)

2. **Boxing:** You will need to purchase your own gloves. These are not the big gloves that you have used in the past. Below are 2 links where you can buy these gel gloves:



Title Boxing: [Click here](#) or **Amazon:** [Click here](#)

3. Each time you come to class, you will need to bring a bag with handles for your items. Bags will be left hanging in the coatroom. You can use your own bag or if you need a bag:

InMotion will be selling **fun canvas bags with the InMotion logo on them**.

These can be purchased at InMotion when we open.

The cost will be \$12/bag including tax. Cash or check only.



4. **Pole Striding Plus: Suggested options for “hiking” poles -**

Here are 3 Amazon links, in no particular order, priced \$35-\$45, all with adjustable flip locks (not just twist lock), all with rubber tips. Variations include - foldable, carbon fiber vs. aluminum, boot tip option.

TrailBuddy:

https://www.amazon.com/gp/aw/d/B01N46UYTL/ref=ox_sc_saved_image_1?smid=A2JSS8JZT2LG97&psc=1

Cascade Mountain:

https://www.amazon.com/gp/aw/d/B00XM0YGW8/ref=ox_sc_saved_image_2?smid=ATVPDKIKX0DER&psc=1

Trekology:

https://www.amazon.com/gp/aw/d/B07Q6BZQZC/ref=ox_sc_saved_image_3?smid=A2ND75ZTUL6QAN&psc=1

Another option recommended and designed by therapists: Urban Poling Activator Poles.

Have a unique ergonomic hand grip; button locking mechanism; wider bell-shaped rubber tip; (optional boot tip). Ask to see the Activator poles at InMotion (The retail cost is \$115).

If we place a group order of 6 pairs through a distributor, the cost will be \$76.

Please let Debbie Rossman (drossman@beinmotion.org) or Faith Gilbert know ASAP if you wish to purchase the Activator poles (need to know if we have enough interest for group order).