



Denise Blaz &lt;deniseblaz@gmail.com&gt;

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## Health update from JoyRide

3 messages

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**JoyRide Cycling Studio** <info@joyridestudio.com>  
Reply-To: JoyRide Cycling Studio <info@joyridestudio.com>  
To: deniseblaz@gmail.com

Mon, Mar 2, 2020 at 12:59 PM



We are writing to provide you with an update about the coronavirus and our efforts to ensure the health and safety of all our clients and staff. The CDC is reporting that the risk to the general American public remains low.

The health and safety of the JoyRide community is our top priority. To ensure we are keeping everyone safe, we have doubled our sanitation and disinfection efforts in all common areas, bike rooms and JoyX. In addition, we have bins of germicidal wipes in each studio. Please be sure to clean your bikes, weights, mats and equipment thoroughly after each class. We also provide alcohol-based hand sanitizer for clients and staff in all studios for your use before and after class. **If you are feeling sick, we ask that you stay home. JoyRiding is always better when you are feeling 100%**

For overall health in cold and influenza season, the CDC recommends that individuals receive the influenza vaccination and engage in everyday, preventive measures to prevent the spread of germs and avoid illness, such as:

- Wash hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizers.
- Avoid touching eyes, mouth and nose with unwashed hands.
- Avoid close contact with individuals who are sick.
- Stay home when you are sick. The CDC recommends that individuals remain home for at least 24 hours after you no longer have a fever or signs of a fever (i.e., chills, feeling warm, flushed appearance).

- Cover your cough or sneeze with a tissue, then immediately discard the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Take any anti-viral medication prescribed to you as instructed.

Additional information for the U.S. is available on the CDC website.

· [CDC COVID-19 Webpage](#)

Based on all this information, we assure you we are maintaining the cleanliness of our studios and at this point consider the risk according to the CDC to be very low.

In health & JOY,

Team JoyRide

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# BOOK YOUR JOY

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JoyRide Cycling Studio ®

1200 Post Road East (behind Crate & Barrel), Westport, Conn. 06880

[info@joyridestudio.com](mailto:info@joyridestudio.com)

[www.joyridestudio.com](http://www.joyridestudio.com)

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**Denise Blaz** <[deniseblaz@gmail.com](mailto:deniseblaz@gmail.com)>  
To: "lindsey@thedebergroup.com" <[lindsey@thedebergroup.com](mailto:lindsey@thedebergroup.com)>

Mon, Mar 9, 2020 at 11:37 AM

[Quoted text hidden]

**Denise Blaz** <deniseblaz@gmail.com>  
To: lindsey@thedeberrygroup.com

Wed, Mar 11, 2020 at 5:34 PM

----- Forwarded message -----

From: **JoyRide Cycling Studio** <info@joyridestudio.com>  
Date: Mon, Mar 2, 2020 at 1:00 PM  
Subject: Health update from JoyRide  
To: <deniseblaz@gmail.com>

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