



## WELCOME BACK EVERYONE

### TEMPORARY RULES & REGULATIONS

1st we have **missed** you so much!!!

This past couple of months have been hard for everyone. But we are all ready to get back to life and the gym. We're ready to take back both our mental and physical health.

That's what we are here to help you do, to put ease in your mind that we are taking every precaution necessary to ease the fear and help get back on the health track.

We have been cleaning and preparing our facility for our reopening. We are closely following the CDC and state health guidelines to facilitate social distancing, and want to ensure that you are comfortable with enough personal space for your workout. Face masks are recommended but not enforced! There are arrows throughout the facility, indicating walking pathways to help keep social distancing. Signs on machines are showing that the machine is not within the CDC's recommended 6 feet of social distance. The signs will alternate machines regularly. When entering, please stay to the right as the left will be for exiting. Entering and exiting 1 at a time with at least 6ft from the person in front of you is recommended. Facility capacity restrictions will be in place and monitored. We don't foresee a problem with the size of our facility, but we would like you to keep others in mind to try and stay at a max of 90 minutes. Showers, dry sauna, & steam rooms are all closed until further notice. The towel service is suspended as well. The use of lockers is permitted, and our staff will be cleaning them at scheduled times. Our water fountain will be used as a refilling station only, with no direct drinking.

Thank you!

### ENHANCED CLEANING AND SANITATION

Our facility will be using EPA & medical grade disinfectants to keep high-touch areas clean. Our employees have a detailed cleaning checklist at scheduled times throughout the day, along with our cleaning service (RBS). Once a week, RBS will spray our workout equipment with their electrostatic spray that provides 360 degrees of clean coverage. There will be a hand sanitizer station at the entry of our gym and throughout the facility along with disinfectant wipes, for pre-use and post-use wipe down on all equipment required, as well as recommended hand washing before and after workout.

### GROUP OUTDOOR CLASSES

6ft social fitnessing will be enforced during fit classes.

Please bring a mat or towel for ground exercises. Don't forget your water! All classes (except Tai-Chi) are FREE to members and non-members at this time so bring a friend! Tai-Chi 1st time visitors/attendees is FREE. Outdoor class schedule online, front door, & front desk.

Please

If you or anyone has been sick or  
feeling sick, with

fever, dry cough, muscle aches & pain, chills, sore throat, tiredness,  
nasal congestion or runny nose, loss of taste or smell, diarrhea,  
shortness of breath, or any upper respiratory symptoms

do stay home

Thank you

