

FITNESS CENTER

COVID-19 GUIDELINES & RECOMMENDATIONS



HOURS OF OPERATION: MONDAY - FRIDAY (9:00 A.M. — 4:00 P.M.)

THE HEALTH AND SAFETY OF OUR MEMBERS & STAFF IS OUR NUMBER ONE PRIORITY.

AS WE PHASE INTO FACILITY USAGE THE FOLLOWING SAFETY MEASURES WILL BE ADOPTED:

- . ALL STAFF REQUIRED TO WEAR MASK
- . LIMITED HOURS OF OPERATION
- . LIMITED NUMBER OF OCCUPANTS
- . USE OF FACILITY BY APPOINTMENT ONLY
- . ADDITIONAL CLEANING MEASURES
- . FACILITY WILL CLOSE 15 MINUTES BEFORE EACH HOUR TO ALLOW FOR FULL SANITIZATION
- . SANITIZATION STATIONS WILL BE AVAILABLE
- . NO GROUP EXERCISE AVAILABLE AT THIS TIME
- . EQUIPMENT SPACING TO ALLOW FOR SOCIAL DISTANCING
- . LOCKER ROOMS WILL BE CLOSED (RESTROOMS AVAILABLE)
- . WATER FOUNTAINS WILL BE UNAVAILABLE (WATER BOTTLE FILL STATION AVAILABLE IN FACILITY)

TO ENSURE THE SAFETY OF OUR MEMBERS AND STAFF WE ASK THAT THE FOLLOWING RECOMMENDATIONS BE FOLLOWED WHILE UTILIZING THE FITNESS FACILITY:

- . MAINTAIN SOCIAL DISTANCING
- . USE OF FACILITY BY APPOINTMENT ONLY
 - . APPOINTMENTS MAY BE MADE THROUGH AN OUTLOOK MEETING REQUEST SELECTING "FITNESS CENTER" AS THE LOCATION OR BY PHONE BY CONTACTING OUR FITNESS CENTER FRONT DESK AT 386-506-4348. APPOINTMENTS ARE FIRST COME, FIRST SERVE.
- . AVOID UTILIZING EQUIPMENT WITHIN CLOSE PROXIMITY OF ANOTHER MEMBER.
- . PROVIDE YOUR OWN HYDRATION DEVICE (WATER FOUNTAIN NOT AVAILABLE).
- . USE A MASK WHEN ENTERING AND EXITING THE BUILDING (NOT REQUIRED DURING WORKOUT).
- . WIPE DOWN ALL EQUIPMENT WITH PROVIDED SANITIZATION EQUIPMENT AFTER USE.
- . WASH HANDS PRIOR TO ENTERING THE FACILITY AND USE THE PROVIDED HAND SANITIZER WHILE IN FACILITY.
- . IF YOU ARE FEELING ILL, PLEASE STAY HOME.



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