

REOPENING PROCEDURES - PHASE 3



Sanitation/Cleaning Procedures

- Members are required to clean equipment both BEFORE and AFTER use
- Deep cleanings will be done by staff when opening and closing, in addition to constant cleaning throughout the day.
- Hand sanitizer stations will be available throughout the gym and bathrooms.
- A new air filtration system has been installed throughout the building.
- Each member will receive a disposable towel and disinfectant spray bottle upon entering the gym. There will be NO regular towel service.

Protection Equipment/Masks

- Staff are required to wear masks at all times.
- Members will be required to wear masks when entering and leaving the facility, or if interacting with staff. Masks during workouts are optional but strongly encouraged.

Layout of Gym/Signage Use/Gym Capacity

- 10ft workout boxes will be marked on turf to keep members separated
- Shower and locker room area will be CLOSED. Toilets/sinks will still be open for use.
- Water fountains will be CLOSED. Members must bring their own water bottle or purchase a bottle of water for \$2 at the gym.
- Dumbbells can ONLY be used on the turf. Areas with benches will be set up on the turf for dumbbell use.
- Signage will be set up throughout the gym and bathroom areas reminding people to maintain a 6ft distance.
- 10 will be the maximum capacity allowed in the gym at one time, including staff.
- There will be NO in-person drop-ins.
- Ballet room will not be in use.
- Every other free weight rack will be closed off (3 out of 5 will still be available for use).

-One leg press and one Smith machine will be unavailable for use (this is in area near track beyond middle desk)

-Cardio equipment will be staggered so as to maintain 10ft distance, and every other machine will not be in use.

Purchasing/Check-In of Services

-Members can still sign-in as normal with their card as it is touch-free.

Personal Training

-Maintain 6 foot distance between client and trainer

-Trainer MUST wear mask during entire session

-No physical contact allowed between client and trainer-must be all verbal cues

-Client will be asked to retrieve their own equipment

-Personal training will be available Monday through Friday during open hours at the gym (see below for gym schedule).

Gym Schedule/Miscellaneous

-Members will be required to do a temperature screening upon entry to the building. If the temperature screening is unavailable when you enter the building, it will be done manually upon entry to the gym.

-Schedule will be 7 AM to 5 PM Monday-Friday. Gym will be closed from 1 PM to 2 PM for mid-day sanitization and cleaning.

-People must exit the facility 5 minutes prior to the next group coming in (7 AM hour must exit by 7:55). People for the 8 AM workout CANNOT enter the facility until exactly 8 AM.

-Members will be given a partial month's credit for the time we were closed in March. This will be applied when monthly memberships resume. In addition, those with Groupon or year memberships will be extended the amount of time autopays were shut off.