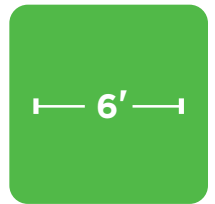


Guidelines for Your Safety

If you are sick or unwell, please stay home. Virtual workout services are available.

While You Are Exercising

- Our fitness centers require everyone to wear a mask in our facilities at all times unless actively working out.
- Please keep in mind that in order to provide a safe environment for all of our clients and staff, we strongly recommend and request that individuals participating in a fitness class who are not vaccinated wear a mask during the session.
- Social distance by maintaining at least 6 feet from other members and employees at all times.
- Avoid using lifting gloves or other personal items that cannot be washed in hot water after each use.
- Avoid lifting weights requiring a "spotter."
- Use a new disinfectant wipe to clean the equipment surface before and after use.
- Do not use equipment that is marked as closed.
- Group fitness classes will be limited and rooms will be taped off into 6-foot blocks. At the end of each class you will be required to wipe down each piece of equipment you used and leave it in your block.
- Wash your hands or use hand sanitizer frequently.



General Fitness Center Updates

- We are currently operating at 100% of facility capacity.
- Hours of operation may be adjusted or reduced without notice.
- Locker rooms, showers and restrooms are open.
- Childcare is open.
- Towel service is currently unavailable. Members are encouraged to bring their own clean towels and take them home each day.
- All water fountains are open. Members are encouraged to bring their own water. Bottled water is available for purchase.
- Touchless payment is highly recommended.
- Massage treatments (where available) will be by appointment only. No walk-ins accepted.

*We are committed to keeping members and staff safe.
Thank you for your cooperation.*

