



### **Let's stay healthy together!**

- Please do not enter if you have been diagnosed with Covid-19, had symptoms of Covid-19, or have had contact with a person that has or is suspected to have Covid-19.
- Stop at the front desk to be screened. If you have a temperature greater than 100.4 degrees, have a cough or shortness of breath, you shall not be permitted to enter.
- The group fitness studio has been marked to allow for social distancing as described per Governor Kemp's executive order.
- Our group, cycle, & aqua fitness classes are limited to 19 participants + the instructor per class. Reservations can be made for classes 24 hours in advance. We are also accepting reservations for pool lanes 24 hours in advance. Please call or stop by the front desk to reserve.
- Our dry sauna & spa are open. The sauna is limited to 1 person at a time for 15 minutes. The spa is limited to 2 people at a time for 15 minutes.

### **Here's what you should do to prevent the spread of Covid-19:**

- Stop at the front desk when you enter to have your temperature checked.
- Wash & sanitize your hands frequently.
- Stay at least 6 feet away from all other members. Social distancing must be practiced in locker rooms, as well as on gym floor.
- Keep at least 1 piece of equipment between you and other members at all times.
- Wipe down your equipment before & after every use.
- Do not come to the gym when you are sick.
- Avoid touching, hugging, shaking hands, etc. with other people.
- Members are required to spray showers after use with provided cleaning agents.
- Face coverings are not required while working out, but they are encouraged as you move throughout the gym common areas.

### **Here's what our team is doing to keep the gym clean & sanitary:**

- We are screening our staff for signs of illness by checking temperatures before every shift.
- Our staff must stay home when sick.
- Our front desk staff, personal trainers, fitness consultants, and management team are wearing face coverings to prevent the spread of Covid-19.
- Our staff is regularly wiping down & sanitizing all equipment, surfaces, & door handles with anti-bacterial, anti-viral disinfecting cleanser. These cleanings are conducted every 30 minutes and are in addition to the equipment/shower cleanings each member is asked to do before and after using equipment.
- Our team is practicing good hand hygiene through frequent & rigorous hand washing & sanitizing. Our team is also wearing gloves & masks when necessary.
- We are providing hand & equipment sanitizing stations throughout the gym, as well as antibacterial soap in our bathrooms to promote good hand hygiene & equipment sanitation.