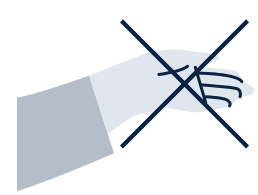
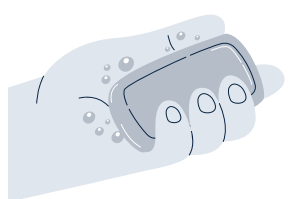


Help us Keep Our Club Safe

Practice good hygiene



Stop hand shakes and use **non-contact greeting methods**



Clean hands at Sanitizer stations and wash them frequently



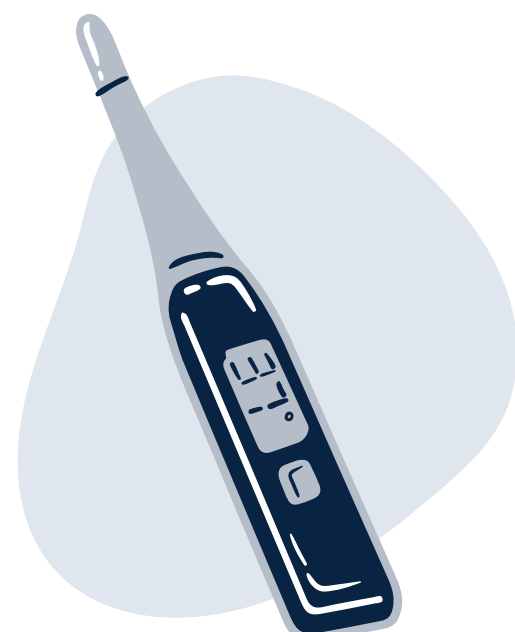
Disinfect equipment before you use it to ensure it is clean



Avoid touching your face and cover your coughs and sneezes

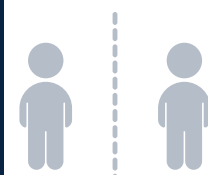
Stay home if...

- You are **feeling sick**
- You have a **sick family member** at home



Thank you for helping keep members and staff safe.

What we are doing



Social distancing measures are in place



Increased cleaning and disinfecting by staff



Weight and cardio equipment has been moved or closed to ensure social distance



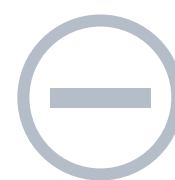
Increased number of hand and equipment sanitizing stations



Closing weight room daily from 12pm-1pm to disinfect all equipment



Seniors workout time from 1pm-3pm



Classes will be limited to 50% capacity



Exercise or yoga mats provided by the club will be temporarily unavailable



Towel Service, Shower, Steam, Sauna and Whirlpool temporarily unavailable



Air sanitizing systems in all studios and the Kids Zone