

COVID-19

FITNESS CENTER RESTRICTIONS

DOS

DON'TS

MAINTAIN SOCIAL DISTANCING

DO use personal responsibility and maintain social distancing (6 FT) at all times.

DON'T use equipment with a sign that reads "this machine is off limits due to social distancing" or equipment that is blocked off with tape.

DISINFECT EQUIPMENT USED

DO disinfect equipment BEFORE and AFTER use with a gym wipe.

This includes kettlebells and dumbbells.

DON'T lift weights that require a "spotter".

WEAR CLOTH FACE COVERING

DO wear a cloth face covering (CFC) when transitioning to different areas of the Fitness Center.

DON'T walk between machines, inside locker rooms or the front desk without a CFC.

EXERCISE MODERATELY

DO exercise moderately as this is linked to a positive immune system response.

DON'T overdo it. High-intensity endurance exercise can make you more susceptible to illness for up to 72 hours after the exercise session.

BE RESPECTFUL

DO be respectful of others and limit your time on machines.

DON'T come to the Fitness Center if you have signs of illness or a fever.

ARRIVE READY TO WORKOUT

DO bring your own water and towel.

DON'T use the showers, lockers, or change attire.

RESERVATIONS

DO make a reservation.

DON'T walk-in without a reservation.

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