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.

DO disinfect equipment BEFORE and AFTER use with a gym wipe. This includes kettlebells and dumbbells.

AVOID lifting weights that require a “spotter”.

DO wear a cloth face covering (CFC) when if not fully vaccinated.

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.

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.

DO bring your own towel.

DON’T overcrowd locker rooms.