

With the Tier 3 Resurgence Mitigations in place we are happy to share that we are able to remain open and will continue to focus on providing a safe and controlled, socially distanced environment. The safety of our staff and members is still our number one priority so we appreciate your on-going understanding of the additional modifications and your willingness to observe them. The following modifications are new or continue to be in place.

NEW

- Face masks are required to be worn at ALL times, including while engaged in individual exercise, regardless of person or machine spacing. No exceptions can be made for medical conditions. This also includes walking/running on the track.
- Attendance is monitored to ensure we do not exceed our maximum occupancy of 25% of our capacity. Reservations are not required since our check-in system meets state guidelines. If we reach capacity members will be allowed in on a one in/one out basis. Our attendance tracking show that this is unlikely to occur often.
- Locker rooms and changing areas are closed. We encourage members to come dressed to work out. Coat racks will be available on a limited basis.
- For safety reasons, gym bags are not allowed on the fitness floor.
- Restrooms are available. Showers are not available.
- Racquetball and wallyball courts are not available
- Group fitness classes, including aqua classes, are cancelled.
- Lap swim is available at Splash Central. Pre-registration required. One swimmer per lane.

CONTINUING

- **LIFECENTER** hours of operation are:
 - Monday-Friday from 5:30am-9pm
 - Saturday from 7am-3:30pm
 - Sunday from 8am-2:45pm
- Monitor your health before coming to the facility. Do not come to work out if you are ill and/or have COVID-19 symptoms (other than existing allergies).
- Touchless check-in is available. Members self-scan membership cards at the counter and retain the card.
- Socially distanced floor decals and signage indicate where to stand in line, if in fact there is a line.
- Counter guards are in place at the front counter.
- Hand sanitizer is available at the front counter and throughout the facility. Frequent hand washing for 20 seconds is also encouraged.
- Equipment is spaced 6ft. apart so it can be fully utilized. Some equipment is identified as “not in use” to ensure social distancing.
- Members are asked to be diligent wiping down each piece of equipment.
- Cleaning, sanitizing, and disinfecting protocol is conducted by staff.
- The saunas and whirlpool are not available for use.
- Towel service is not available. Please bring your own towel.
- Kids Stop is not open.
- Water fountains are available to use for water bottle refilling only.
- Track use is limited to 2 lanes only.