

Effective October 12, 2020 some fitness classes will move indoors at Meadow View Studio A and B. As long as we have instructors who wish to teach outside and via Zoom, we will continue to provide alternatives for those residents who do not wish to attend classes indoors. Please read the following information as it may affect you if you attend classes indoors at Meadow View Lodge.

- PLEASE DO NOT ENTER THE LODGE OR COME TO CLASS IF YOU ARE NOT FEELING WELL.
- You will need your Activity Card to enter Meadow View Lodge. You MUST swipe your card. Do not follow someone in without swiping your card. Wait until you hear a beep.
- MASKS ARE REQUIRED TO BE WORN AT ALL TIMES, EXCEPT DURING CLASS. The CDC and Restore Illinois Guidelines continue to highly recommend wearing masks indoors including when exercising. Persons with health concerns should consult their doctor prior to exercising indoors where masks are not required. Please wear your mask for social interactions inside the building and when not 6' apart.
- **You must have a reservation for class.** Please do not just drop in. This is so we can control capacity limits.
- Please come to class NO EARLIER than 5 minutes. This allows us to keep maximum distance from other groups.
- A coat rack and boot tray are available outside Studio A and B. Please change into appropriate clean gym shoes prior to class.
- Please come dressed for class as locker rooms are not available in the lower level at this time.
- Classes will be held in Studio A and B with the partition open.
- The doors to the studios should remain open at all times.
- Fans will not be turned on.
- Microphones are not available at this time for the instructors.
- Shared equipment is not currently available. Please bring your own mats, weights, and equipment as needed for class.
- Drinking fountains are not currently available. Please bring a water bottle to class.
- Bathrooms are available adjacent to the studios.
- "X"'s have been marked on the floor to maintain a 10' distance between participants. Please be mindful of shared spaces.
- Participants should immediately leave Studio A and B and Meadow View Lodge immediately after class, so that housekeeping can maintain their schedule.
- Classes have been scheduled to coincide with BOTH the MVL Fitness Reservations/time slots and the housekeeping schedule. We have allowed a generous 40 minutes in between classes.
- Fitness reserves the right to move classes around to offer different classes at different days/times.

ALL CLASSES ARE AVAILABLE ONLINE AND IN THE LODGE starting the Wednesday prior to the week starting on Monday.

Drop in passes are not available at this time. We are working on making these available for your use.

Thank you for your cooperation. Your Fitness Team