



DEFEND YOUR HEALTH

Highlights of Our Reopening Operations Plan Including State Mandated Protocols

SERVICE AND OPERATIONS

- WE WILL OPERATE AT 50% CAPACITY TO ACCOMMODATE FOR THE SOCIAL DISTANCING GUIDELINES MANDATED BY THE STATE.
- ALL GROUP FITNESS CLASSES WILL BE SUSPENDED UNTIL FURTHER NOTICE PER STATE MANDATES INCLUDING CYCLING, AQUA, D-FORCE AND ALL OTHER GROUP EXERCISE CLASSES.
- WE WILL BE TRIPLING OUR SCHEDULE OF LIVE ONLINE GROUP EXERCISE CLASSES ON FACEBOOK AND INSTAGRAM. CLASSES WILL BE AT 9:00 AM, 12:00 NOON AND 5:30 PM INCLUDING YOGA, DANCE, BOXING AND SELECT LES MILLS CLASSES. SCHEDULES WILL BE POSTED ON THE DEFINED FITNESS APP AND ONLINE AT DEFINED.COM.
- SAUNAS, HOT TUBS AND STEAM ROOMS WILL BE CLOSED DURING THE 1ST PHASE OF REOPENING OR UNTIL FURTHER NOTICE.
- KIDS CLUB WILL BE CLOSED DURING THE 1ST PHASE OF REOPENING OR UNTIL FURTHER NOTICE.
- SHOWERS WILL BE CLOSED DURING THE 1ST PHASE OF REOPENING OR UNTIL FURTHER NOTICE.
- DEFINED FITNESS WILL RESTRICT USAGE TO EVERY FOURTH LOCKER TO BETTER ALLOW FOR AND PROMOTE PHYSICAL DISTANCING.
- PERSONAL TRAINING WILL BE AVAILABLE AND IF YOU ARE A CLIENT A PERSONAL TRAINING MANAGER OR TRAINER WILL BE CONTACTING YOU TO SCHEDULE YOUR SESSIONS.
- OUR CLUB HOURS HAVE BEEN TEMPORARILY CHANGED. OUR NEW CLUB HOURS WILL BE MONDAY-FRIDAY 4:30 AM - 10 PM AND SATURDAY/SUNDAY 5:30 AM - 7 PM.

CLEANING AND SAFETY

Our full operations plan and cleaning protocols are available online at defined.com/news.

- TEMPERATURE CHECKS WILL BE CONDUCTED USING A NO-TOUCH INFRARED THERMOMETER PRIOR TO ENTRY FOR ALL MEMBERS AND TEAM MEMBERS.
- DEFINED FITNESS TEAM MEMBERS ARE REQUIRED TO WEAR MASKS AND GLOVES.
- DEFINED FITNESS UTILIZES THE EVACLEAN ELECTROSTATIC CLEANING SYSTEM IN OUR CLUBS TO COMPLETELY SANITIZE 100% OF ALL SURFACES TO MAKE YOUR EXPERIENCE CLEANER AND SAFER.
- THE FREQUENCY OF AIR FILTER REPLACEMENT AND HVAC SYSTEM CLEANING HAS BEEN INCREASED AND FRESH AIR EXCHANGE WILL BE MAXIMIZED.
- CARDIO AND FITNESS EQUIPMENT WILL BE ORGANIZED IN A WAY THAT SUPPORTS OUR SOCIAL DISTANCING PROTOCOL OR SIX FEET DISTANCE BETWEEN MEMBERS.
- SELECT CARDIO EQUIPMENT WILL BE CLOSED TO ALLOW SIX FEET OF DISTANCE BETWEEN MEMBERS.
- DEFINED FITNESS WILL PLACE A DEDICATED STAFF MEMBER IN ALL CARDIO AND FITNESS SPACES TO CLEAN AND DISINFECT EACH PIECE OF EQUIPMENT BETWEEN USE.