

RULES WE MUST FOLLOW:

- 1. MASKS COVERING THE NOSE AND MOUTH MUST BE WORN INSIDE THE FITNESS CENTERS. THE ONLY TIME IT MAY BE REMOVED IS WHEN YOU ARE IN THE WATER OR DRINKING WATER. MASKS MUST BE WORN AS YOU ARE WAITING FOR A LAP LANE OR AROUND ALL POOL AREAS.**
- 2. NO FACE SHIELDS INSTEAD OF MASKS.**
- 3. SOCIAL DISTANCING IS STILL REQUIRED. THIS MEANS SOME OF YOUR FAVORITE MACHINES ARE STILL OFF-LIMITS. PLEASE DON'T GATHER IN GROUPS UNLESS YOU ARE FROM THE SAME HOUSEHOLD.**
- 4. ALL TIMES ARE IN 90-MINUTE SEGMENTS THAT INCLUDES TRANSITIONING OUT OF THE BUILDINGS. WHETHER YOU USE 30-MINUTES OR ALL 90-MINUTES, YOU MUST BE OUT OF THE BUILDING BY THE DESIGNED CLEANING TIME.**
- 5. WE WILL USE 30-MINUTES AFTER EVERY 90-MINUTE SESSION TO CLEAN ALL AREAS OF THE BUILDING AND TO DISINFECT.**
- 6. RESIDENTS MUST CLEAN ALL FITNESS EQUIPMENT BEFORE AND AFTER THEIR WORKOUTS.**
- 7. YOU MUST SIGN-IN ON THE COMPUTERS WITH YOUR RESIDENT CARD. PLEASE SANITIZE YOUR HANDS BEFORE TOUCHING THE COMPUTER SCREEN.**
- 8. ALL SPAS WILL REMAIN AT A CAPACITY OF TWO OR THREE DEPENDING ON THE SPA LOCATION. PLEASE REFER TO THE SIGNS POSTED AT ALL SPA AREAS.**
- 9. YOU MUST SIGN-UP ON THE LAP LANE BOARDS FOR 30-MINUTE INCREMENTS JUST LIKE WE DID PRE-COVID.**
- 10. NO SHOWERS OR LOCKERS ARE AVAILABLE AT THIS TIME.**
- 11. NO CASH OR CREDIT CARD PAYMENTS FOR TRAINING SESSIONS WILL BE ACCEPTED UNTIL A LATER DATE. MEMBER CHARGE ONLY.**
- 12. NO GUESTS ALLOWED!**

PLEASE NOTE: IF THE FITNESS CENTER YOU ATTEND HAS REACHED ITS CAPACITY, YOU WILL NOT BE ALLOWED IN UNTIL SPACE IS AVAILABLE WITHIN THAT 90 MINUTES. PLEASE BE CONSIDERATE OF ONE ANOTHER INSIDE THE FITNESS CENTERS AND YOUR FITNESS STAFF. VERBAL OR PHYSICAL ABUSE IS NEVER ACCEPTED NOR WILL IT BE TOLERATED.