

Member Guidelines for Reopening

Modified Hours of Operation

- Monday - Friday: 5am-7pm
- Saturday - Sunday: 6am-4pm

General Requirements

- Members can only enter and exit the club through the double doors on the street level.
- Members must wear masks when entering and exiting the club.
- Members' temperatures will be checked as they enter the facility.
- Hand towels and bath towels (one per person) will be available ONLY at the front desk upon entering the facility.
- Members must ask the front desk for food & beverages. Members can no longer help themselves.
- Housekeeping will be staffed at all hours of the day to frequently clean and disinfect all surfaces.
- Enhanced cleaning protocols with EPA-registered, virus-killing disinfectants will be utilized.

Recommendations

- Members are encouraged, but not required, to wear protective face coverings in common areas and during exercise.
- We suggest all members bring their own towels, bottles, mats, etc.

Fitness Floor Requirements

- Clean your equipment before and after use.
- To necessitate the frequent cleaning of equipment and hands, fitness-wipe stations and hand sanitizer stations will be placed throughout the club.
- Once finished using exercise accessories (e.g.: fitness mats, bands, foam rollers, attachments, etc.), place them in the "used" bin to be disinfected by staff.
- A 6-foot distance between strength and cardio machines will be implemented to ensure social distancing.

Group Fitness Requirements

- Limited class programming and modified schedules will be offered.
- Members must pre-register in advance for all studio class offerings through our website under “BOOKING.”
- Only 10 patrons per class will be allowed.
- Designated class participant spots will be implemented to accommodate social distancing.
- 6+ ft (in all directions) will be maintained between class participants.
- After class, participants must leave all equipment at their “outlined” station to be sanitized by staff.
- Classes will be spaced out to allow sufficient time for staff to sanitize equipment with an EPA-registered, virus-killing disinfectant.
- Congregating outside or inside the studio before or after class will not be permitted.

Common Area & Locker Room Requirements

- Additional hand sanitizing stations and disinfectant wipes will be located throughout the club.
- All casual seating in the club will be removed.
- All benches will be removed from the locker rooms.
- Only 50% of lockers will be available to effectively practice social distancing.
- Bathroom accessories will be temporarily unavailable.
- Saunas and steam rooms will remain closed.
- Only one bath towel will be handed out at the front desk to individuals intending to shower.
- Every other shower will be open for use.
- You must provide your own bathroom consumables.

Thank you for your compliance and support as we navigate this ongoing crisis and help you access your optimal health and wellness. Please don't hesitate to contact us at the club if you have any questions or feedback.

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