



## **FITNESS POINTE IS OPEN**

**To all our loyal members:** Thank you for your patience. We have worked hard to prepare for your safe return to Fitness Pointe. We would like to share some information to make your return as easy as possible.

### **Safety First - To increase the health and safety of our members and staff**

- Members and staff are to stay home with a temperature above 99.5 or a recent cough, shortness of breath, runny nose or sore throat.
- All staff will wear a mask while they are working except Group Exercise instructors.
- Members are strongly encouraged to wear a mask in the facility when not performing exertive exercise.
- Equipment and traffic patterns have been spaced to help maintain physical distancing.
- Hand sanitizer is available throughout the building.
- Members are asked to clean their equipment with Gym Wipes before and after each use.
- Staff will perform regular sanitizing of equipment and frequently touched surfaces throughout the day.

### **Facility Hours**

- MONDAY-FRIDAY 5 am-9 pm
- SATURDAY-SUNDAY 7 am-5 pm

Adjustments in hours will be reviewed based on utilization.

## **Facility Changes**

- Sneeze guards are in place at transaction points to help maintain member and staff safety.
- Members scan in their own membership cards to enter. Locker cards will be in the lockers.
- Traffic patterns with directional signage will prompt you to use the north stairway by the cycles to go down to the lower level and use the stairs by the elevator to go back up to the main level.
- Cardio, weight machines and free weights are available with equipment spaced and some equipment 'out of service' to help maintain 6 ft of physical distancing.
- Indoor track is open for walking.
- Personal training services are offered while limiting numbers in the training areas.
- Only water fountains with bottle fills are available. Please bring your own water bottle or purchase one from the vending machine.
- Locker rooms have limited lockers available in each row to allow physical distancing.
- Countertop amenities are unavailable. Please bring your own toiletries.
- Steam rooms continue to be closed.
- Caregiver locker rooms are open only for Physical Therapy patient use.
- The pools and whirlpool have capacity limits.
- Childcare services are not available at this time.
- Group Exercise class sizes are limited to allow for spacing and members will be required to reserve a spot in a class by using our online scheduler or call in. Details on the scheduler procedure and rules will be provided.
- Please use the Higi machine in our vending area to check your blood pressure. Blood pressure checks by staff will only be done in emergency situations.
- We request that you make purchases with a credit card when possible to reduce the need to handle paper money.
- Please view our Virtual Facility Tour at [fitnesspointe.org](https://www.fitnesspointe.org) to see the facility features.