



COVID-19 Policies & Procedures

Updated - 9/18/20

In support of the State, County & CDC regulations the following guidelines apply:

- Wear a mask while in all common areas including front lobby, locker area & bathrooms.
- You do not need to wear a mask while exercising, however we have a mandatory mask hour daily from noon-1pm where you must wear it at all times - for those that want greater protection.
- Clean equipment when done using the sanitizing wipes provided.
- Wash your hands or use our hand sanitizer upon entering and leaving the facility.
- Maintain 6' social distancing between others while in facility.
- Stay home if you don't feel well or have a fever.
- Class sizes reduced for proper spacing (spin studio limited to 9 and yoga studio limited to 12).
- Less crowded time to exercise is daily after 11am and especially in afternoons.
- We are following CDC strict cleaning guidelines daily for the facility.

Be Well & Stay Healthy ☺

Carol Hollenbeck, PT, DPT, CEEAA
Owner / Physical Therapist