



## COVID-19 Policies & Procedures

Updated – 1/04/2022

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

- Masks are not required – however you may wear one if you prefer.
- Clean equipment when done using the sanitizing wipes provided.
- Wash your hands or use our hand sanitizer upon entering and leaving the facility.
- Stay home if you don't feel well or have a fever.
- Class are not limited in size, however some spin classes are getting full now and we pass out #'s 30 minutes prior to class.
- Less crowded time to exercise is daily after 11am and especially in afternoons.
- We are following CDC strict cleaning guidelines daily for the facility.

We hope to see you soon! ☺

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