



HEALTH AND FITNESS GUIDELINES

1

Wear face coverings when not exercising and maintain social distance of at least 6-ft.



2

Sanitize equipment and exercising areas before & after each use



3

Fitness classes limited to maximum of 50 participants with social distancing



4

No more than 50% of occupancy



5

Ancillary accommodations (e.g., saunas, hot tubs, steam rooms) closed



6

Participants in martial arts, sparring and other contact sports to be tested before starting and on a regular basis; static groups only

