

Fitness Center Safety Guidelines

Dear Valued Members,

As we prioritize your health and safety, please adhere to the following guidelines while utilizing our facilities:

- **Sanitization:** Please sanitize your hands before and after using equipment.
- **Social Distancing:** Maintain at least 6 feet of distance from others during workouts.
- **Mask Policy:** Masks are mandatory in all common areas. Please wear one when not exercising.
- **Equipment Use:** Limit the time on equipment during peak hours and wipe down machines after use.
- **Group Classes:** Sign up in advance and adhere to capacity limits.
- **Health Check:** If you are feeling unwell, please stay at home and seek medical advice.

Your cooperation will help ensure a safe environment for everyone. Together, we can achieve our fitness goals while staying safe!

Sincerely,
The Management Team