

# Dear Valued Members,

As we continue to navigate through these challenging times, the health and safety of our members and staff remain our top priority. We have implemented additional safety measures to ensure a safe environment for all. Please take a moment to review the following safety instructions:

## Fitness Center Safety Instructions

- **Face Masks:** Face masks are required for all members and staff at all times within the facility.
- **Hand Hygiene:** Please wash your hands frequently and use the hand sanitizing stations available throughout the center.
- **Social Distancing:** Maintain a distance of at least 6 feet from others while in the gym and during classes.
- **Equipment Cleaning:** Please sanitize equipment before and after each use with the wipes provided.
- **Capacity Limits:** To ensure proper distancing, we will implement capacity limits for the gym and classes. Reservations may be required.
- **Health Screening:** Members will be required to complete a health screening questionnaire upon entering the facility.
- **Sick Policy:** If you are feeling unwell or have been in contact with someone who has tested positive for COVID-19, please stay home.

We appreciate your cooperation and understanding as we work to keep our community safe. Together, we can continue to stay healthy and active during this time.

Thank you for being a part of our fitness community!

Sincerely,  
[Your Fitness Center Name]