

"Health & Safety"

Our goal is always to minimize bumps and bruises in the gym - but also:

PREVENT THE SPREAD OF GERMS!

We will do our best to minimize the opportunity to pass on any illness at the gym. We continue to have a very strict cleaning regimen. The gym, lobby and pre-school are sanitized multiple times daily and disinfected with a hospital grade product each evening.

We ask you to PLEASE:

- Wash or sanitize hands before entering the gym
- Stay home if you or your child are sick, or have been in contact with a sick individual
- If sick, do not return to the gym until you have been symptom free for at least 48 hours
- If you have had known exposure to COVID—but have no symptoms—you can attend classes as long as you wear a mask and get tested after the fifth day
- If anyone tests positive and has symptoms, they must isolate at home for at least five days. If symptoms improve after the fifth day, without the use of medications, they can exit isolation. That person must still wear a mask for ten days after the onset of symptoms

For your convenience - child and adult size masks are always available at the front desk