



New Procedures and Protocols

IN-PERSON CLASSES RESUME TUESDAY, SEPTEMBER 1

We are pleased to announce that in-person classes at American Fitness will resume on Tuesday, September 1, 2020 with a new schedule and some new procedures and protocols in place to keep you safe.

Rest assured, we will continue to offer live classes via Zoom, as well as expand the assortment of recorded classes we're offering online. With an active membership in good standing, you'll have three ways to enjoy our classes: *Live on Zoom, assortment of recorded classes with anytime access, and in-person classes!*

Thank you for your compliance with the following procedures and protocols:

NEW PROTOCOLS TO KEEP YOU SAFE:

In accordance with local, state, and safety guidelines, we are limiting group fitness classes to no more than 20 in group x, and 10 in spin. Social spacing decals have been added to the studio floor for your convenience, and spin bikes repositioned accordingly. Both spin and our group fitness room will be cleaned daily, and ample hand sanitizers, cleaning supplies, and wipes will be available.

NEW SIGN-IN PROCEDURE:

You will be required to sign in at the front desk for all classes including spin. Sign up will begin an hour before the class starts, and will be done on a first come first serve basis. Sign up must be done in person, not via phone. Doors to group fitness will be locked until class starts, so please social distance until the room is open. **For safety reasons, congregating outside the door of the group fitness room before class is not allowed.** Often times we are broadcasting on zoom before an in-person class begins, and therefore need to broadcast from a quiet studio. We appreciate your understanding.

OTHER:

- *Masks are optional*
- *Maintain social distancing while in the club and in class*
- *Use of fans and open/closed door is at the instructors' discretion*
- *Zoom room (roped off area in group fitness room) is off limits to members*
- *Please do not move stanchions, equipment or supplies from the "zoom room"*
- *Members are required to wipe off all equipment after use; including spin bikes*
- *For your safety, best practice is to sanitize shared equipment before use as well*
- *Return weights to where you found them so they can be cleaned.*
- *No weights can be left in the spin room. Do not move bikes*
- *We encourage you to bring own gear (mats, blankets, straps etc.) whenever possible*
- *Shared mats and blankets are no available*
- *Blocks/straps/weights/steps will be available for use at your own risk*
- *Wash hands often and avoid touching your face*
- *For your safety and the safety of our staff, please stay at home if you're sick*
- *Your compliance to all social distancing and safety protocols is required for participation*
- *Direct questions or concerns to Group Fitness Coordinator or Front Desk Staff*

Thank you for being a member of American Fitness.

We are looking forward to seeing you soon!