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.