



NYC FITNESS CLUBS COVID-19 GUIDELINES

- **MUST WEAR MASK-** Acceptable face coverings: cloth-based face coverings and disposable masks appropriate for exercise that cover both the mouth & nose ****NOT ACCEPTABLE: BANDANAS, BUFFS AND GAITER**
 - **Before Check-in-** Staff will conduct temperature check, health questionnaire, and provide hand sanitizer before you are allowed on the gym floor Anyone over 100 degrees will be denied access
 - **33% CAPACITY-;** We are a large space No appointments needed for using the health club
 - **As per NYS Governor and NYC Mayor's guidelines-** NO CLASSES, KIDS CARE, TOWEL SERVICE , WATER FOUNTAIN & SHOWERS/STEAM ROOM **** YOU ARE WELCOME TO BRING YOUR OWN TOWEL AND WATER BOTTLE. WATER ALSO AVAILABLE FOR SALE**
 - **Machines are 6 FEET APART** seat to seat. Some instances you will see floor tape, placing some machines in a box, **ONLY 1 member in box at a time to ensure 6 feet social distance.**
 - **Wipe equipment before and after usage with the 99% disinfectant spray provided throughout the club**
 - **Personal training-** Available and as always conducted by Appointment Only.
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