



GYM RULES FOR STARTING UP AFTER COVID-19

- Accelerated Fat Loss Programming all summer
 - We won't have different style classes this summer as there are certain restrictions that we need to have for distance so all classes will be designed with safety in mind
- 8 members per class
 - This is where we will start with based on the Illinois rules
 - As they open up restrictions we will increase number over time
- Due to the class member restrictions, there will be no coming to class without scheduling
 - We WILL have to send you home for other people's safety, so get in the habit of scheduling for classes right now to get prepared
- Entry into and out of the gym will happen in the back of the gym. We will be using the garage door and our exit door back there because we can control the in and out flow.
 - The front door to the gym will be locked, so you'll have to park around back.
- Classes will be 30 minutes long to start
 - We will start with 30 minutes for 2 reasons.
 - i. Since we have a limited amount of people in a session we have to create more sessions and need the time available to do that and transition
 - ii. Since most people haven't done a lot of training and if they have they've only been doing 20 min, we need to transition you back into higher intensity and weight training slowly
 - iii. As class size is allowed to increase we will move back to our normal 45 min classes
 - There will be a 5 minute transition between classes so we will not be able to linger about. As soon as the session ends, you clean the spot you were in, grab your stuff and head outside, if you want to chat out there, totally fine, but we can't do it in the gym.
- No high fives for a while
 - As you guys know, we love high fives, it's a way to build up camaraderie and the physical touch is important for building trust however to create more levels of safety we will only do air 5's for the summer



- 6 ft between people and exercises
 - We have laid out the gym with duck tape to mark warm up spots.
 - We also have designed the program that each station has 6 ft between people
 - You will also do a station all in a row (straight sets) then wipe it down and move on to reduce the amount of wiping down needed. Plus when you go to the next station there will be a second set of tools to allow the first ones time to dry.
- Cleaning
 - We have all the cleaning supplies. Hand sanitizers, disinfectant sprays, floor and turf cleaner, etc.
 - We have stations throughout the gym with all these for you to get access at any time.
 - We will be cleaning between stations movement, cleaning after classes, etc
 - We've also had the gym professional deep cleaned and sanitized
 - You will have your own cleaning towel for each session, you will take it throughout the gym with you and clean after each station with the spray we have at each one. After class you'll toss into a box for washing.
- Yoga mats / Kneeling pads
 - You are more than welcome to bring your own mats to use in the gym.
 - We do have mats, we will deep clean them after each class, and we will rotate mats during a class however it's always great if you feel like bringing your own.
 - For kneeling pads, you'll grab your own for each class, then we'll have a box for you to toss it in after class that we will deep clean, since we have a lot of them we'll be able to each have our own at each session.
- Towels
 - If you want to bring your own towel for working out, that would be another great layer of protection.
- Masks
 - You will not be required to wear masks inside of the gym. If you want to try and workout with them you are more than welcome to but that might be pretty hard.
- Cubby Holes
 - We will not be using cubby holes at this current time. It's hard to determine who will be where when, so we are going to stay out of the office.
- Water bottles



- Please bring your own water bottles, you will be able to refill if necessary but please try to bring your bottle full so you don't have to go up front
- Bathroom
 - These will be available, just wash your hands please.
- Mobility room will be off limits.
 - Since it's a limited space and because you can hang out before or after class, this space will not be available for a while.
- Signing in
 - We normally have you sign in at the kiosk, however, this is a hotspot for germs, so we'll take care of getting everyone signed into class. You just show up, come to your spot and we'll take care of the rest.