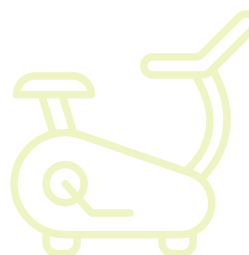
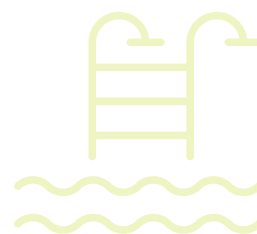
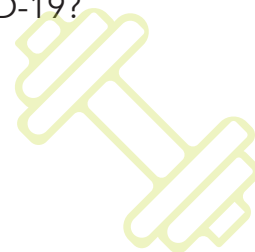




MEMBER GUIDELINES

- **Prior to entering facility, members will be asked a set of questions based on CDC guidelines:**
 1. Have you been in close contact with anyone that has tested positive for COVID-19?
 2. Are you experiencing cough, shortness of breath or sore throat?
 3. Have you had a fever in the last 48 hours?
 4. Are you awaiting COVID-19 test results?
- **Temperatures checked** at entrance
- Upon entering through front entrance, **members are required to sanitize hands**
- **Masks are mandatory** unless you are actively engaged in exercise
- Greeter at the front desk clicking people in to the facility until max capacity
Also clicking people out when they leave
- Members asked to **adhere to a 45 minute workout**
- All members requested to **wipe down equipment after use**
Staff will also wipe down equipment
- **Temporary closure of following areas:**
 - Common/lobby areas
 - Sauna
 - Hot tub
 - Kid zone
 - Water fountains
- Markers placed in high traffic areas for social distancing
- Track & Equipment
 - Decals on track every 6 feet
 - Equipment repositioned to be 6 feet apart
- **Adjusted hours:** Monday - Friday: 5 a.m. - 7 p.m.
Saturday: 8 a.m. - Noon
Sunday: Closed



QUESTIONS?

ProHealth: 251-435-2010

Thomas: 251-279-1684

North Baldwin: 251-937-9099

WE APPRECIATE YOU!