



ATTENTION

BY VISITING, PATRONS AGREE TO THE FOLLOWING MINIMUM GUIDELINES FOR PHASE 4 OF THE RESTORE ILLINOIS PLAN



WEAR A FACE COVERING WHEN NOT EXERCISING

Exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering



STAY HOME IF YOU ARE SICK OR EXPERIENCING COVID-19 SYMPTOMS

Symptoms such as cough, sore throat, shortness of breath, fever, fatigue, headache

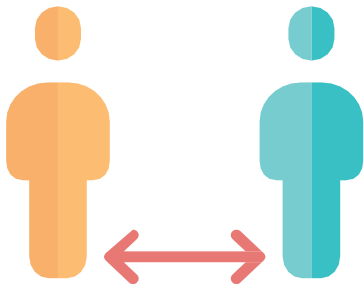
If a member does have symptoms, they should wait to enter premises until they have had no fever for at least 72 hours and their symptoms have improved and at least 10 days have passed since their symptoms first appeared



COME DRESSED AND READY TO EXERCISE

Locker rooms are not available

Participation is open to members only



MAINTAIN SOCIAL DISTANCE WITH OTHERS

6 feet of distance between non-household individuals
Spaces are marked accordingly.



ASSIST WITH CLEANING EQUIPMENT BEFORE & AFTER USE

Equipment, weights & machines
Equipment should not be shared between members



PRACTICE GOOD HYGIENE

Hand sanitizer is available
Please continue to practice CDC guidelines to prevent the spread of COVID-19

FOR YOUR HEALTH AND SAFETY, OUR STAFF WILL:

FOLLOW CDC RECOMMENDATIONS AND PHASE 4 GUIDELINES

WEAR FACE COVERINGS WHEN THEY ARE NOT ACTIVELY INSTRUCTING EXERCISE CLASSES

MAINTAIN 10 FEET OF DISTANCE WHEN INSTRUCTING GROUP EXERCISE CLASSES

THOROUGHLY CLEAN AND DISINFECT ALL EQUIPMENT AND FREQUENTLY TOUCHED SURFACES BETWEEN CLASSES AND WORKOUT TIME BLOCKS