



**JOHN B. NORRIS**  
RECREATION CENTER

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1050 Dunham Road • St. Charles, IL 60174 • Ph: 630-377-1405 • [norrisrec.org](http://norrisrec.org)

Managed by the St. Charles Park District

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## **Fitness Center Phase 4 Guidelines**

1. Members and nonmembers should wear a face covering whenever not exercising (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering).
2. Members and nonmembers must come dressed to exercise.
3. Members and nonmembers must clean equipment before and after use.
4. Members and nonmembers should not share equipment unless they are living in the same household.
5. Members and nonmembers must be able to self-distance themselves while using strength equipment.
6. Members and nonmembers must maintain adequate physical distancing (6 ft.) between each other.
7. Members and nonmembers must not remove any signs within the fitness center as these help us maintain adequate distancing.
8. Members and nonmembers may not move any of the equipment benches.
9. Locker rooms are not available at this time. Front lobby restrooms are available for use.