

Group Fitness Class Phase 4 Guidelines

Updated August 1, 2020

1. Group fitness class reservations must be made in advance by calling NRC at 630-377-1405 during business hours
 - a. Members and nonmembers must be registered by the end of the previous business day for any morning or daytime class they want to attend.
 - b. Members and nonmembers must be registered by 2pm the day of for any evening class they want to attend.
 - c. Registration is allowed for 1 week at a time. Monday-Sunday.
 - i. Registration will open on Friday for the upcoming week.
2. Group fitness classes are allowed for members and nonmembers.
3. Members and nonmembers may only register for one week at a time.
4. Group fitness classes are limited to 14 members for studio classes
5. Cycle classes are limited to 10 members for each class
6. Members and nonmembers must clean equipment before and after use.
7. Members and nonmembers must arrive at facility dressed in workout attire.
8. Members and nonmembers should come to the facility no more than 10 minutes before the scheduled class.
9. Members and nonmembers must maintain adequate physical distancing (6 ft.) between each other.
 - a. There are physical distancing markers in the hallway for participants to stand while waiting for class to begin.
10. Members and nonmembers may not enter studio until ALL participants have left from the previous class.
11. 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).