

Guest Services Phase 4 Guidelines

Personal Training Sessions

1. Personal training sessions must be made in advance.
2. Personal training sessions are allowed for members and nonmembers.
3. One-on-one and small group (4 people) personal training sessions are allowed.
4. Client should clean and sanitize equipment (e.g., weights, treadmills) before and after use.
5. Client arrives at facility dressed in workout attire.
6. Client should come to the facility no more than 10 minutes before the scheduled session.
7. Clients should wear 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).

Massage Therapy Sessions

1. Massage Therapy sessions must be made in advance.
2. Massage Therapy sessions are allowed for members and nonmembers.
3. Client should come to the facility no more than 10 minutes before the scheduled session.
4. Clients should wear face covering whenever not able to maintain 6 ft. distance (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering).