



GPS Reopening Guidelines and Procedures

- 1) Members must keep a 6 foot social distance between other members before, during and after the workout. We will eliminate equipment sharing and space our workouts accordingly.
- 2) Our trainers will check you in when you arrive for class, eliminating your need to stop at the front desk and check in. Please remember to sign up for class ahead of time!
- 3) It is mandatory that you use hand sanitizer or wash your hands upon entry. We will make sanitizer available before, during and after the workout. It is also mandatory that we wipe down any equipment that will be used before and after a workout.
- 4) Our staff will routinely disinfect highly used surfaces, (ie. doors, countertops, etc.). We will also do our best to keep doors propped open when weather permits.
- 5) Restrooms will be available. Our normal restrooms are under renovation but the back restrooms will be open and cleaned regularly. We do advise you to come ready to workout to eliminate the use of restrooms as much as possible.
- 6) Please arrive no more than 10 minutes early and we are being asked to discourage socializing and lingering after the workouts as well.
- 7) There will be signs posted where you enter. Please take a second to look those over before entering. All trainers and members are asked to self assess before coming to a workout. If you have any signs or symptoms of COVID-19 or have been exposed to anyone that is suspected or has tested positive, please refrain from attending a class.
- 8) You, nor our trainers, are required to wear a mask, but it is your choice if you would like to bring your own mask and wear it before, during, or after the workout.



ALL MEMBERS AND TRAINERS MUST:

- 1) Wash their hands or use hand sanitizer upon entry.
- 2) Remain 6 feet apart before, during and after the workout.
- 3) Wipe down any used equipment after use.
- 4) Self assess before joining a workout. If you have any signs or symptoms of COVID-19 or have been exposed to anyone that is suspected or has tested positive, please refrain from attending a class.