



Fox Valley Fitness Policies and Procedures – Phase 4

Based on Phase 4 Restore Illinois plan

Begins June 29, 2020

Sanitation/Cleaning Procedures

- Members are required to clean equipment both BEFORE and AFTER use
- Deep cleanings will be done by staff when opening and closing, in addition to constant cleaning throughout the day.
- Hand sanitizer stations will be available throughout the gym and bathrooms.
- A new air filtration system has been installed throughout the building.
- Each member will receive a disposable towel and sanitized disinfectant spray bottle upon entering the gym.
- Members will be asked to bring their own towels.

Protection Equipment/Masks

- Staff will be required to wear masks at all times.
- Members will be required to wear masks when entering and leaving the facility, or if interacting with staff. Masks during workouts are optional but encouraged.

Layout of Gym/Signage Use/Gym Capacity

- 10ft workout boxes will be marked on turf to keep members separated
- Shower and locker areas will be available for use. Some lockers and showers will be closed down to ensure 6 ft. distance.
- Water fountains will be CLOSED. Members must bring their own water bottle or purchase a bottle of water for \$2 at the gym.
- Dumbbells can ONLY be used on the turf. Areas with benches will be set up on the turf for dumbbell use.
- Signage will be set up throughout the gym and bathroom areas reminding people to maintain a 6ft distance.

-A maximum of 50 will be allowed in the gym at one time.

-Every other free weight rack will be closed off (3 out of 5 will still be available for use).

-One leg press and one Smith machine will be unavailable for use (this is in area near track beyond middle desk)

-Cardio equipment will be staggered so as to maintain 6ft distance, and every other machine will not be in use.

Purchasing/Check-In of Services

-Members can still sign-in as normal with their card as it is touch-free.

Personal Training Protocols

-Maintain 6 foot distance between client and trainer

-Trainer MUST wear mask during entire session

-No physical contact allowed between client and trainer-must be all verbal cues

-Client will be asked to retrieve their own equipment.

Class Schedule/Miscellaneous

-Members will be required to do a temperature screening upon entry to the building. Please refer to our website (fviafitness.com) for information on how the temperature scan works.

-Group Fitness Schedule is as follows:

-Monday, Functional Training, 5 PM to 6 PM

-Wednesday, Bootcamp, 4:15 PM to 5 PM

-Thursday, HIIT, 9 AM to 10 AM

-Friday, Circuit, 12:30 PM to 1 PM