



Fitness Center Memorandum

To: All Residents
From: Steve Shortt
Date: March 15, 2021
Subject: Fitness Center and Locker Rooms - Procedures Update

On Monday, March 22nd the Fitness Center will allow 4 residents, currently 2, to exercise at once. Also, the time slots will be changed from 45 minutes to an hour. In addition, the locker room changing areas and showers will allow 2 residents at a time, instead of 1, to use the facilities. All other procedures will remain the same until further notice (see below).

Monday, March 22nd Procedures

Fitness Center and Aerobics Room

- 4 residents will be allowed in the Fitness Center and 2 residents in the Aerobics Room at once by appointment.
 - Only 1 appointment can be scheduled at a time by calling #8920.
 - 1 hour scheduled appointments.
 - Once your workout is complete, you may schedule another appointment.
- Residents must arrive wearing a mask but may remove it while exercising.
- Please arrive on time as we must adhere to the schedule.
- Residents must maintain a social distance of 6 feet.
- Residents are responsible for disinfecting machines and equipment used with the provided disinfectant wipes.
- If you are experiencing any signs or symptoms of illness, please call #8920 to cancel your appointment.
- The Fitness Center Staff reserve the right to deny access to any resident who does not comply with these rules.

Pool and Locker Rooms

- 2 residents may use the pool area at once.
 - A scheduled appointment (1 hour) is necessary by calling #8920.
- 2 residents at a time are allowed in the locker room changing areas and showers.
- Same safety and disinfecting procedures as the Fitness Center and Aerobics Room.

Sincerely,

Steve Shortt
Fitness Coordinator