



COVID-19 POLICY

COVID-19 is a severe health concern, and we're taking every precaution possible. Please carefully follow these policies to make our community safe for everyone.

- Wash your hands thoroughly with soap and water for at least 20 seconds before and after every workout.
- Disinfect equipment surfaces before and after every workout.
- Wipe down ALL sweat or bodily fluids with disinfectant after workouts.
- Avoid touching your eyes, nose, and mouth.
- If you have flu-like symptoms or know anyone with **COVID-19**, exercise at home.

Follow these policy guidelines until the potential threat begins to subside. If you have any questions, don't hesitate to ask. Thank you for your cooperation.



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