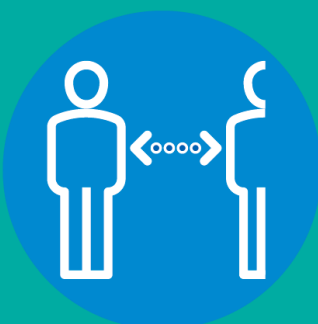




KEEPING A SAFE SPACE FOR ALL



Masks are required at all times in the fitness center.



Always maintain 6 feet of social distance. This begins immediately upon entering our building. In some cases, the availability of equipment and spaces will be limited to ensure members are able to maintain distancing. Please be mindful of your surroundings, yourself and others at all times.



Access may be limited at peak times. To comply with NYS guidelines, we may need to limit the number of people and usage duration within our facility. This include but is not limited to, the fitness center and boxing room area. You may experience additional wait times for equipment.



Take a bottle of disinfectant & a towel upon entry. Wipe down fitness equipment before and after use. Use hand sanitizer, located throughout the building. Dispose of towel & tissues, as needed.

Things look a little different. We want to keep our doors open for as many members as possible for as long as we can. Doing so mean that we need your help in taking these safety precautions seriously. Please note that anyone who fails to comply with these guidelines is putting others at risk and may be asked to leave the facility. Thank you!