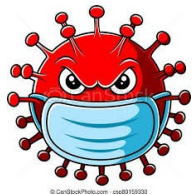




THE Fit Center News

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SPECIAL COVID-19 ISSUE

It is a new year, and Covid-19 still dominates our world. Since it isn't going anywhere anytime soon, it seems a good time to review our fitness rules and procedures to ensure understanding and compliance by all.

GYMS=GERM HAVENS

Gyms are where germs breed and nasties spread. People come to fitness centers to sweat it out, and accordingly drip sweat. Being careless and selfish can easily lead to the spreading of infectious diseases...and Covid! Let's everyone be responsible and do our part to keep the germs at bay.



FITNESS STAFF DUTIES

During these Covid times we have doubled up our fitness staffing during peak hours. Their job is primarily two fold:

1) to sanitize the equipment and facility surfaces and 2) to

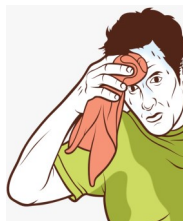
ensure patron compliance with Arizona Department of Health Services (AZHS) guidelines required of all fitness facilities in the state. Please appreciate that should they approach you seeking your compliance they are doing so to ensure we are able to remain open. Deviations from the AZHS standards could lead to closure.

*** PATRON RESPONSIBILITIES ***



MASK UP!

Masks are required by all patrons at all times...upon entry, when using the cardio machines, when taking fitness classes...always. AZHS guidelines prohibit masks with vents, and state the importance of the mask covering the nose and mouth. YES it is uncomfortable, but for us to remain open, all must comply.



TOWELS & GYM WIPES

Always bring a workout towel or two with you. It's good etiquette, and more so, it helps curb the spread of germs. You will be denied entry if you do not have a towel, and trust me, we don't like doing so.

Use of a workout towel does not usurp the need to use the provided Gym Wipes...nor the other way around, They are to be used in tandem. The following is recommended:

1. Before using equipment or machines, wipe the handles with a gym wipe.
2. Place one of your CLEAN towels on top of the machine to catch drips of sweat
3. Place your other towel in your pocket or cup holder on the machine. Use this towel to wipe you hands and forehead/nose. Keep it separate from the other towel.
4. Upon completion, wipe up any puddles of sweat and use a gym wipe on equipment surfaces to clear away germs.



GYM BAGS

These are another source of germs, especially if you fail to periodically wipe it down or wash it. The bag just transports germs from place to place, which is why we don't allow large bags in the facility. And aside from your keys, phone, gloves, towel, and water bottle, what do you need to take to the gym? Keep it in a small "fanny pack" sized bag.



CLEAN & SANITIZE IT ALL

Doing all of the above will help keep you and other facility users healthy, but will be for naught if you fail to wash your mask and towels DAILY! One can never over sanitize.

**HAVE A HAPPY
AND
HEALTHY 2021**