



**Today's**  
FITNESS CENTERS

# TODAY'S FITNESS GUIDELINES

Please read through all policies instituted by Today's Fitness Center in, accordance w/ Massachusetts Phase 3 Re-Opening guidelines.

1. If you have a fever, headache, coughing or another symptom associated with Covid 19, **DO NOT ENTER THE FACILITY.**
2. Face masks are mandatory when entering and exiting the gym.
3. Please use directional arrows and signage when entering and exiting the gym.
4. Please maintain 6 ft social distancing when working out in all areas of the facility. (Cardio/Free Weight/Machine)
5. PLEASE disinfect all equipment BEFORE and AFTER use. DISINFECTANT CLEANER IS DISTRIUTED THROUGHOUT THE ENTIRE GYM.
6. Circuit Training is not allowed, do not toggle back and forth between exercise machines or equipment.
7. Follow all arrows directing flow of traffic in facility, no congregating in areas.



**WASH YOUR HANDS**





# GROUPX GUIDELINES

1. All classes are limited in size and duration. All classes will be 30 mins in duration with a 15 min break to allow for emptying of room and disinfecting all designated areas. A maximum of 14 members will be permitted in class.
2. All classes will have designated spots with decals located 14 ft apart from other participants.
3. All classes are on a reservation system to ensure the maximum of 14 participants. Sign up on Supersaas using member number.
4. Participants are encouraged to bring their own mats and labeled water bottles.
5. Participants will enter on time to class through main center door. Do not come early or late to class.
6. All equipment besides mats will be set up in the designated area. No member is allowed to gather equipment including weights, balls, glides, blocks or bands.
7. All instructors will instruct class facing the mirror away from the participants. No physical corrections allowed, only verbal cues and corrections.
8. NO MICROPHONES will be used. Music will be set at a low volume to ensure that the instructor does not have to raise voice/scream.
9. After class, the participants will leave equipment at designated spot and will exit side door. **ALL EQUIPMENT WILL BE DISINFECTED IMMEDIATELY FOLLOWING CLASS AND SET UP FOR THE NEXT CLASS.**
10. Members are encouraged to clean hands thoroughly while in GroupX classes or in main exercise area.