

ATTENTION PLX FIT CLUB MEMBERS

We are thrilled to open our doors and see you again! I know you all can't wait to feel back to your normal selves and get back to your fitness routines as well! Your patience and help as we navigate our new normal is very important to a successful return to our club.

Please read the following thoroughly:

1. All members/clients must conduct self-assessment and not enter the facility if they are exhibiting symptoms or have been exposed to COVID-19.
2. Do not arrive more than 10 minutes prior to class. Either wait in your car or outside while maintaining social distancing until the instructor gives the all clear to come in.
3. Instructors only will handle all membership cards and sign in for each member. This also includes taking payments, waivers, and creating new membership cards.
4. Due to social distance guidelines and new protocols being followed by the CDC, we will be requiring all members to sign a new membership waiver.
5. There will be limited capacity based on available space and ability to social distance with six feet between members. COVID-19 6 ft. social distance signs placed on the floor indicating where members should set up for workouts. Classes will be held outside weather willing.
6. Upon entry into the facility, each member will take a pre-disinfected cloth from a designated bin. Each member is responsible for sanitizing their own equipment before and after use. Used cloths will then be deposited in a designated used bin. Additional disinfectant will be available if required.
7. Stationary bikes, rowers, elliptical and skier will not be used except in private training. Please refrain from using this equipment.
8. Fans will be tilted upward for circulation. Recommended Best Practices are to place fans blowing away from members. We ask for your cooperation in NOT moving fans. Please ask an instructor for help or direction.
9. Gloves will NOT be provided or available for Kickboxing. Please bring your own gloves to this class.
10. Members are encouraged to bring their own water bottles.
11. Please do not bring children into the facility as space is limited due to social distancing.

*** Please refrain from social gathering between classes. ***