

LACON FITNESS AND TAN

Heightened Safety Measures and how your Outdoor Group Fitness Class or Training Session will look

On Thursday, March 28th, we announced that we had begun the careful and phased reopening of our gym. **Starting June 1st, we are offering outdoor group fitness classes and one-on-one personal training.** We will continue to provide virtual classes. We plan to follow government guidelines as we reopen to provide the safest environment possible and to help keep us open. Our first phase of reopening represents the culmination of weeks of operational planning and a clear vote of confidence from our team.

As we follow Government Guidelines, at this time, the gym is not available for general member access.

1. Book Your Class or Training Session

Reservations are required; walk-ins are not permitted.

Reserve your spot in an outdoor group fitness class through the **MINDBODY App**. If you are interested in working one-on-one with our trainers, **send us an email** with the dates and times you are available.

If the weather does not permit an outdoor group fitness class, the class will be hosted virtually - you will be notified at least one hour before class.

2. Before You Arrive

Please bring a face-covering or mask.

Please bring a mat or towel to be used as a mat.

Please bring a sweat towel.

Please bring bottled water or a refillable water bottle. The drinking fountain will not be available for use, but the bottle filler will be.

Please arrive at the gym dressed in your workout attire.

If you have noticed any COVID-19 symptoms or do not feel well, STOP. Do not come to the gym. Notify the front desk or your trainer via phone or email.

3. When You Arrive

Please arrive at least 5 minutes early.

Face-coverings will be required while not actively working out. Please ensure you are wearing a face-covering before entering the building or joining a group outdoors. Additionally, you may choose to wear a face-covering throughout your work out as well.

You will be asked a series of screening questions for COVID-19 symptoms, and your temperature will be taken.

You will be asked to sanitize or wash your hands before your class/session.

4. During Class

Your trainer/instructor will sanitize your equipment before and after use.

Enhanced social distancing of 10 feet or more will be required while working out.

If your trainer/instructor needs to enter your enhanced social distancing area during a workout, they will be wearing a face covering.

5. After Class

You will be asked to resanitize or rewash your hands after your class/session.

Showers will be unavailable for use.

Thank you for your patience and support as we begin the first phase of our gradual reopening. We're excited to be able to welcome you back!